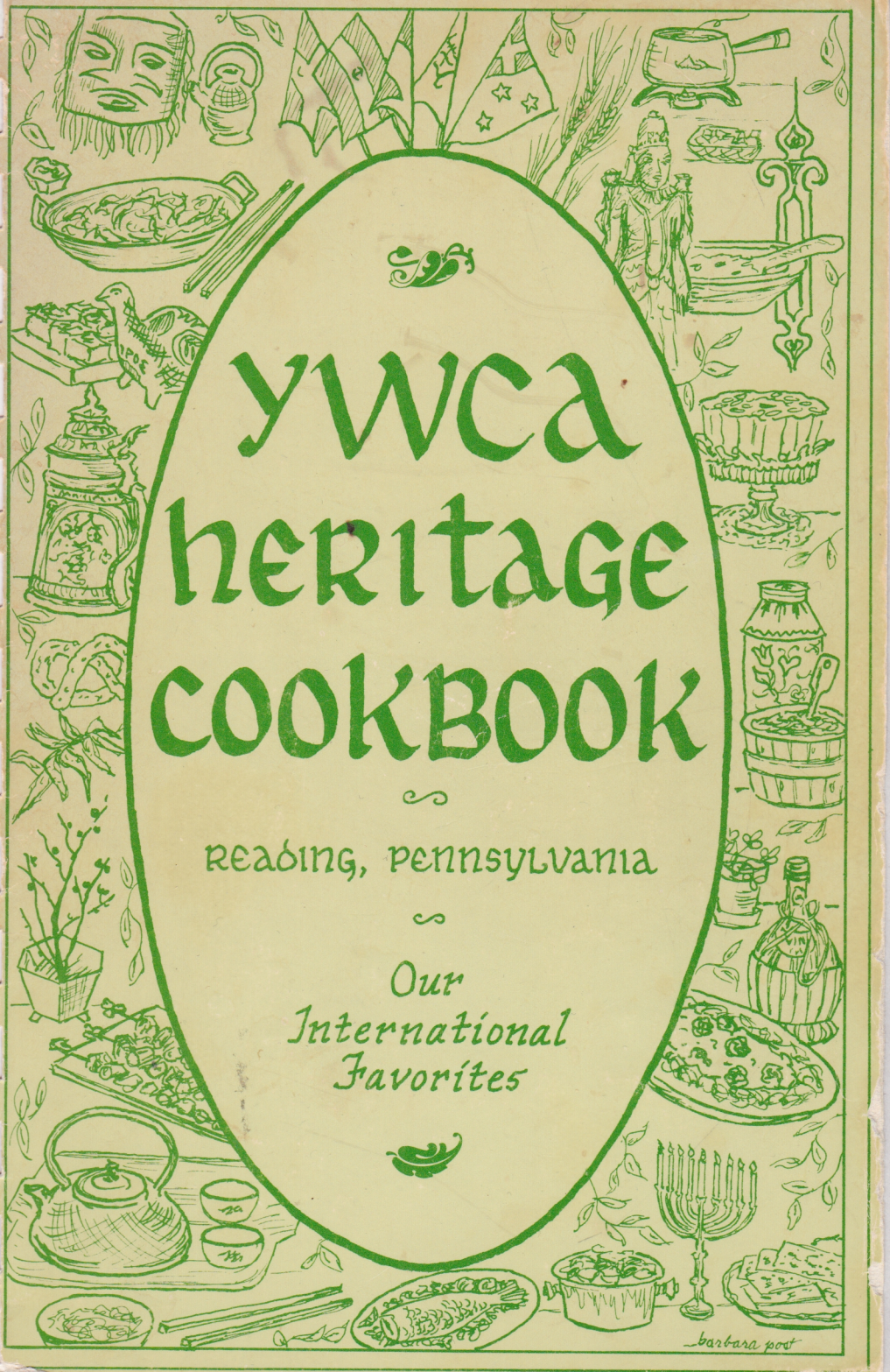

YWCA
HERITAGE
COOKBOOK
READING, PENNSYLVANIA
Our
International
Favorites
barbara post

YWCA festival of nations

Thirty years ago volunteers of the Young Women's Christian Association of Reading and Berks County began observing *World Fellowship Week* in mid-November by hosting a FESTIVAL OF NATIONS.

In recent years the heritage of different countries has been highlighted with people of varied international origins joining hands for a festival of good food and good will.

Our *YWCA Heritage Cookbook* represents a sampling of Festival favorite recipes. We thank all our cooks who have taken time to share their special family foods with us. The recipes come directly from the kitchens of our YWCA family and friends.

ENJOY!

Abbreviation Key

C	=	cup	*pt*	=	pint
lb	=	pound	*qt*	=	quart
oz	=	ounce	*t*	=	teaspoon
pkg	=	package	*T*	=	tablespoon

appetizers
breads
soups

appetizers

PIROSHKI
(Russian)

1 C flour
¼ lb butter
3 T sour cream

Cut butter into sifted flour as you would for a pie crust. Add sour cream and blend until dough holds together. Wrap and chill overnight. Cut off portions of dough about the size of an apricot and roll between two pieces of waxed paper which has been dusted with cornstarch. Make an oval shape about 3 inches long. Put a half teaspoon of filling a little below the center, moisten the edge with a little water, and fold over. Press firmly on the edge with the tines of a fork and place on an ungreased cookie sheet. Chill for about an hour — then bake in a 400° oven for 20 minutes.

Filling: Use your imagination, but filling should be highly seasoned. Recommend — Ham, shrimp, mushrooms or chopped chicken livers.

Unbaked Piroshki freeze very well. Can be prepared ahead of time and makes excellent hors d'oeuvres.

Irma Palm

TUNA NUGGETS

2 Cans Tuna
1 T Lemon Juice
2 Pkgs (large) Cream Cheese softened
1 C chopped Parsley
2 t Horse Radish
¼ t liquid Pepper Sauce

Mix thoroughly, shape into small balls and roll in parsley.

Viola Lance

FRENCH CANADIAN COCKTAIL MEATBALLS

1 C ketchup
½ C white vinegar
2 t sugar
1 t chili
1 T Worcestershire sauce
pinch of salt
1 lb ground beef
1 raw egg

Combine all ingredients, except meat and egg, to make a sauce. Mix egg with meat, and roll into small meat balls. Pour sauce into pan, add meat balls, and simmer 2-3 hours. Serve in chafing dish, with cocktail picks or a party snack.

–Susan Barras, Montreal, Quebec, Canada (Wendy Helm's sister)

DEVILED EGGS
(German)

8 eggs, hard boiled
1 T capers, finely diced
¼ lb smoked salmon, finely diced
1 small can anchovies, finely diced
2 T piquante mustard
Juice of one lemon

Halve eggs length-wise. Remove yolks into a bowl; mash. Combine yolks with remaining ingredients. Stuff egg white halves with this mixture. Garnish with anchovies rolled around capers if desired.

Hertha Rau

SCOTCH EGGS

4 hard-boiled eggs (shelled)
1 lb sausage meat mixed with beaten egg breadcrumbs

Wrap each egg in sausage meat. Brush with beaten egg and roll in bread crumbs. Fry on all sides until firm and brown *or* bake in shallow pan to ensure even cooking.

These are good hot or cold and are often served from behind the bar in pubs both in Scotland and England.

Jill Weise

Chopped Herring

½ *lb cocktail herring (available at Dautrich's Quality Sea Food)*
2 *hard cooked eggs*
2 *medium onions*
Juice of ½ lemon
2 *tart apples*
2 *thick slices of crusty white bread, (cholla, vienna loaf, Italian bread)*

Run all ingredients through medium blade of food chopper, and chop again through fine blade of food chopper. Mix well, season to taste with white vinegar and freshly ground black pepper. Chopped herring may be stored in refrigerator for about 2 weeks or more without spoiling.

Yield: about 1 quart

Edith Mendelsohn

Garbanzo Spread

⅔ *C dry garbanzo beans (chick-peas), cooked very tender*
1 *large onion, minced and sauteed in sesame oil with 1-2 cloves of chopped garlic*
Juice of 2 lemons
1 *T soy sauce*
½ *t sea salt*
¼ *C tahini or sesame butter (available at health food stores)*
½ *C whole sesame seeds, roasted and ground (blender works great)*

Puree the garbanzo beans with a small amount of their cooking water. Put about ½ C of the puree back into the blender with the sauteed onion and garlic; buzz until smooth, then add the mixture to the rest of the garbanzo puree. Add the remaining ingredients and combine thoroughly. Chill the mixture and serve as a dip with raw vegetables or spread it on bread or crackers.

Cindy Schmidle

Chili-Cheese Log

¾ *lb grated American cheese*
1 *(3 oz) pkg soft cream cheese*
¼ *t salt*
⅛ *t pepper*
⅛ *t garlic salt*
1½ *t Worcestershire sauce*
chili powder (as hot as you like)

Mix all ingredients together, except chili powder. Form into the shape of a log and then either roll in the chili powder or sprinkle the powder over it. Serve with crackers.

Mrs. T. Merritt Ludwig, Jr.

Crab Delight Dip

8 oz crab meat (fresh preferably)
1 C mayonnaise
½ C sour cream
1 t lemon juice
1 T sherry
½ t salt
Parsley as garnish

Clean crabmeat. Mix the remaining ingredients. Add the crabmeat and mix well. Garnish lightly with parsley and serve with an assortment of crackers or pumpernickel party slices.

June A. Roedel

Deviled Ham Puffs

1 8 oz pkg Phila. Cream Cheese
1 T minced onion or ¼ t Worcestershire sauce
1 egg yolk
30 crackers or melba rounds
1 4½ oz can deviled ham

Soften cream cheese and combine with onion, egg yolk, blending well. Spread the deviled ham on crackers and top with cream cheese mixture. Place on baking sheet in a 375° oven for 10-12 minutes until golden brown. Serve hot.

Mushroom Pie

1 unbaked pie shell
¼ lb fresh mushrooms or 1 4 oz can mushrooms
3 T butter
1 T lemon juice
¼ C grated Parmesan cheese
1 T minced onion
2 eggs–beaten
1 C light cream
1 T flour
¼ t salt
dash black pepper
2 T soft bread crumbs

Saute mushrooms in butter for 3 minutes with lemon juice in covered pan. Place in unbaked pie shell. Sprinkle with cheese and onion. Place eggs, cream, flour, salt and pepper in bowl and mix well. Pour over mushrooms. Sprinkle with 2 T soft bread crumbs. Bake in 375° oven 20-25 minutes or until knife comes out clean.

Nancy Mohr

Chicken Liver Pate'

2 lb chicken livers
2 med. onions grated
2 t curry
1 t paprika
¼ t salt
¼ t pepper
3 T cognac

In large fry pan melt ½ C butter (soften 1½ C butter and hold aside). Add ingredients, cognac last. Cover and cook 8 minutes. Blend in blender with 1½ C softened butter and cognac. Put into mold and chill.

I always add additional cognac!

Peg Ludwig

RUMAKI

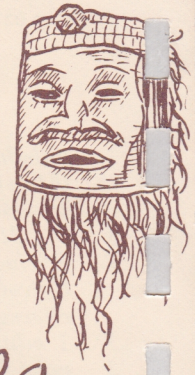
(Hawaiian tidbit of Chinese origin with a Japanese name.)

Equal portions of:
Prunes
Swiss Cheese
Thin bacon strips

Soak prunes in water for 1 hour. Cover and bring to a boil. Cool in same water. Remove pits after draining (or use pitted prunes). Fill each prune with a piece of cheese, covering completely with the prune. Wrap in either ½ or ⅓ strip of bacon, depending on size of prune. Broil 4-5 inches from heat until bacon is crisp. Serve hot.

This Hawaiian tidbit was served often at parties or receptions in Army Officers' circles in Okinawa and Japan and was given to me by a British officer in the diplomatic corps.

Mrs. Ruth Meyer



BREADS

AFRICAN RICE BREAD

2 C rice meal
2 t baking powder
¼ t soda
½ t salt
¼ C sugar
½ t nutmeg
1½ C mashed banana or plantain
½ C oil or margarine
1 t lemon juice
1½ C milk or water

Mix dry ingredients well. Mix banana and liquids. Add to dry ingredients and mix well. Bake in greased 4" x 8" loaf pan or 8" x 12" baking pan in 350° oven for about 1 hour. Serve warm.

RICE MEAL: Wash and soak 2 C rice in warm water for 30 minutes. Drain and dry well. Blenderize until it looks like flour. Sift before using.

NOTE— Cream of Wheat may be substituted for rice meal.

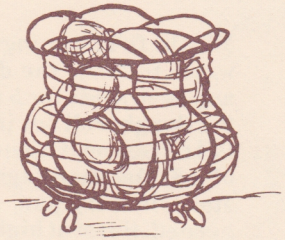
POTICA

A Yugoslavian Nut Roll

2 packs yeast
1½ cups scalded milk
¾ C melted butter or margarine
¾ C gran sugar
3 eggs slightly beaten
1 T salt
1 T lemon rind grated
6-6½ C flour

Dissolve yeast in ⅓ C lukewarm water with 1 teaspoon sugar. Mix melted butter, sugar and eggs. Add salt and lemon rind. Add flour and milk alternately until about half of the flour is used. Now add the dissolved yeast and continue adding the flour and milk, using a little more or less flour to obtain a soft dough. Knead dough for about 10 or 15 minutes; brush with melted butter; cover and let rise in a warm place until double the bulk.

Meanwhile prepare the nut filling:



NUT FILLING

2 lbs shelled, ground walnuts
½ C honey
⅔ C hot milk (a little more for a moister filling)
¼ C sugar
1 t vanilla
1 t cinnamon
1 beaten egg white
About ½ C raisins
1 egg yolk
3 T water

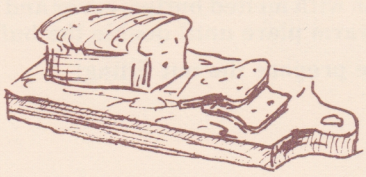
Mix all ingredients, folding in egg white last.

Now return to the doubled dough. Roll out on a floured cloth to a large rectangle about ¼ inch thick. Spread with nut filling and sprinkle with the raisins. Start rolling up from the long side, at first gently with the hands, then lift the cloth to continue rolling. Cut the roll in half and place the 2 loaves in a large buttered rectangular pan. Cover and let rise again — about 2 hours. Mix egg yolk with water and brush on the rolls before placing in oven. Bake in 350° oven about 1 hour.

Mrs. Sophie Perini

Polish Bread

2 cakes yeast
1 qt milk
¼ lb butter
3 eggs
1 C sugar
1 T salt
1 t vanilla
5 lbs flour



Dissolve yeast in ¼ C lukewarm water. Melt butter; heat milk to lukewarm. Mix sugar, salt, and eggs. Add vanilla and yeast mixture. Add flour, and mix until it becomes a smooth dough; use a very large kettle. Cover and let raise for 5 hours. Knead again and divide into individual loaves. Place in greased pans and let raise again. Smear tops of loaves with beaten egg and bake.

Yield: 4 loaves or 2 giant loaves.

Betty Waszkiewicz

Indian Flat Bread

1 C whole wheat flour
1 T shortening
1 t salt
3 T milk
water
½ t Crisco

Mix the first four ingredients, adding enough water to make the dough rollable. Knead it and keep aside for 5 minutes. Make 6 parts of the dough; roll out in a 4" flat round, spread ½ t Crisco on it, then fold it over and roll to a 6" x 8" flat shape again. Roast it on *top* of the stove, in a fry pan, adding a little Crisco if needed. Roast at high temperature until light brown spots appear; roast on both sides.

Yield: 6 "loaves"

Mahera H. Carim

Scotch Shortbread

1 cup butter
⅝ cup sugar (½ cup and 2 T)
2½ cups sifted flour

Cream together butter and sugar. Add sifted flour all at once and mix quickly with hands to form a stiff dough. Chill dough. Roll out ½" thick. Cut into fancy shapes; flute edges; prick with fork. Bake on ungreased sheet in slow oven — 300° — for 20-25 minutes.

Cookies do not brown or change shape. Makes 2 dozen 1½" cookies.

Mary Brill from a Scottish student

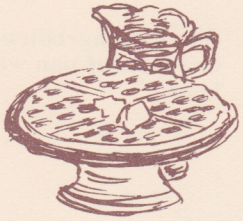
Boston Irish Bread

- ¼ *C oleo (room temperature)*
- ½ *C sugar*
- 2 *C sifted flour*
- 2 *t baking powder*
- ½ *t salt*
- 1 *T caraway seeds*
- 1 *large egg*
- ½ *C milk*

To the oleo, add all ingredients except the milk, and mix. Add milk slowly until mixture is light and soft but not sticky. Mix lightly and shape, sprinkling the top with sugar. Bake 45 minutes at 350°, test with toothpick to insure doneness. Serve warm or cold with generous amounts of butter.

Joan S. Reppert

This delicious bread is as indigenous to Boston as shoo fly pie is to Berks County.



Cream Waffles

- 1 *C sifted enriched flour*
- ½ *T Sugar*
- ¼ *t salt*
- ¼ *t soda*
- 1 *well-beaten egg yolk*
- 1 *C heavy sour cream*
- 1 *stiffly beaten egg white*

Sift dry ingredients. Add combined egg yolk and cream; beat smooth. Fold in egg white. Bake in hot waffle iron.

Yield: 4 Waffles

Mary King
Y-Teen

KAYE BISHOFF BREAD

9 C unbleached flour
3 C hot water
3 T dry yeast
1 C honey
1 T salt
¼ C corn oil

Dissolve honey in water. Cool to 100° and add yeast. After 5 minutes, add salt and oil. Add 6 cups of flour and beat 100 strokes. Add rest of flour and knead well. Oil top and let double. Punch and let rise again. Knead and put in pans. Let rise to top. Bake at 350° for 70 minutes for 2 loaves, 50 minutes for 3 loaves.

Sue Price
Y-Teen

PUMPKIN BREAD

3 C flour
2 C sugar
3 t cinnamon
1 t baking soda
2 t baking powder
1 t salt
1¼ C oil
4 eggs (well beaten)
2 C pumpkin
½ C chopped nuts (optional)

Sift dry ingredients and add to rest. Mix. Grease loaf pan well and bake at 350° for 1 hour.

Yield: 3 loaves.

Barbara Stoudt

Soups

Gazpacho

1 *C finely chopped peeled tomato*
½ *C each; finely chopped green pepper celery cucumber*
¼ *C finely chopped onion*
2 *t snipped parsley*
1 *t snipped chives*
1 *small clove garlic minced*
2-3 T tarragon vinegar
2 *T olive oil*
1 *t salt*
¼ *t black pepper*
½ *t Worcestershire Sauce*
2 *C tomato juice*

Combine all ingredients. Chill 4 hours or more in glass or stainless steel container. Serve with garlic croutons.

Joan Notter

Hearty Collards Soup

2 *lbs smoked pork, not too fat*
3 to 4 qts water
5 *T barley*
2 *lbs collards*
3 *hard-boiled eggs*
Sour cream

Cook meat and water until it starts to boil. Add barley. Continue cooking until meat is tender. Add chopped collards and cook for a couple of minutes more. Serve with side dishes of sour cream and sliced hard-boiled eggs.

Mrs. Erika Rothermel

Egg Drop Soup

4 *10 oz cans of chicken broth*
6 *cans of water*
1 *T sherry*
3 *eggs, slightly beaten*
2 *T green onions, including green parts, minced in diagonal slices*

Combine soup and water and bring to boil. Stir in sherry and eggs: the desired shape of egg drop is obtained by the speed of stirring when you pour egg into boiling soup. If you want to make finer pieces of egg drop, stir soup very quickly. Garnish with minced onions.

Vicky Hawk

New England Fish Chowder

1 *lb fresh or frozen haddock*
1 *large or 2 small onions, peeled and sliced*
3 *medium potatoes, peeled and sliced*
Small amount of salt pork, diced
salt
milk
Parsley

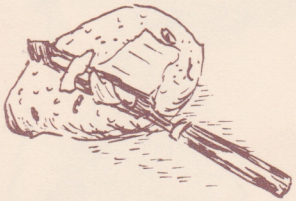
Fry diced pork until crisp. Add water, onion, and potatoes; cover and simmer until done. In another kettle, cover fish with water and cook until fish flakes and is tender. When fish is done, remove skin and bones and cut into good sized pieces. Combine fish with onions and potatoes, using broth from both. When ready to serve, add evaporated milk (for richness) or fresh milk. Season to taste and add a little chopped parsley.

Yield: 4 to 6 servings.

The chowder has a better flavor if made the day before and allowed to set overnight. Serve with pilot crackers or hot biscuits.

To complete the meal, serve tossed salad, and top it off with apple pie, ice cream, and coffee.

Harriet Larrabee



German Potato Soup

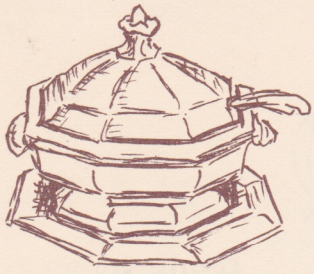
**4* *large potatoes*
2 *large onions*
3 *Bay leaves*
1 *qt milk*
2 *egg yolks, beaten*
salt and pepper
1 *T butter*
minced parsley
Toasted bread crumbs

Cook potatoes and onions, bay leaves in boiling salted water until done. Remove bay leaves. Mash potatoes and onions. Add milk, beaten egg yolks, salt and pepper. Add butter. When soup is served in bowls, sprinkle a little minced parsley over each serving, accompany with toasted bread cubes or crisp wafers. Celery may be used as flavoring instead of onion.

Serves 6

**Left over mashed potatoes may be used – doctor them up.*

Jean Breitinger



SOUP BASE FOR CREAM OF CELERY SOUP, POTATO SOUP, AND CLAM CHOWDER

¼ C butter or margarine
¼ C flour
1 qt. milk
1¼ t salt (use ½ t in chowder)
pepper to taste
2 diced hard boiled eggs

CREAM OF CELERY SOUP

2½ C diced celery, both leaves and stems
1 small onion, diced
2 t chopped parsley
1½ C boiling water
½ t salt

POTATO SOUP

1 C diced celery, both leaves and stems
1 large onion, diced
2 t chopped parsley
2 C boiling water
½ t salt
3 medium sized potatoes, diced

CLAM CHOWDER

1 C diced celery, both leaves and stems
1 small onion, diced
2 t chopped parsley
¾ C boiling water
1½ dozen clams and broth (for quick clam dicing, pour clam broth in blender; turn on low speed; add clams; blend for a few seconds).
1 large potato, diced

Simmer first group of your choice, until tender (about 10 minutes). Melt butter or margarine in saucepan; do not brown. Blend in flour, stirring quickly to remove lumps. Add milk gradually and cook with constant stirring until sauce boils and thickens. Add the remaining salt and cooked vegetable group and their liquid. Heat to boiling. Serve hot, garnishing with diced hard boiled eggs.

Mrs. Emily Whitman

Onion Soup

8 medium onions
3 tins consomme
6 T butter
Mozzarella cheese, grated
6-8 slices of bread, toasted, buttered (preferably French bread)

Peel and slice onions. Melt butter; when light brown, add onions and cook over low heat for 20 minutes, stirring often. Keep covered the last 10 minutes. Onions should be soft, but *not brown*. Dilute 3 tins of consomme with 3 tins of water, add cooked onions, bring to a boil, simmer uncovered 20-30 minutes (never allow to boil, simmer slowly). Pour into heavy bowls. Top with toasted bread, piled with cheese: (the more cheese the better). Place in 500° oven until cheese is puffy and golden brown. Bon Appetit!

Joan Bisaillon,
Pierrefondo, Quebec, Canada
(Wendy Helm's sister)

Liver Ball Soup
(Austrian)

1 lb beef (not calves') liver, cooked
2 eggs
1 roll or 3 slices of bread (use end of loaf)
1 T finely chopped onion
Salt
Pepper to taste
Marjoram
Bread Crumbs
Parsley
Beef broth

Remove skin from beef and cut into small pieces. Mince in blender. Add eggs and mix. Soak roll or bread in water till soft, then squeeze out water. Add onion and salt, pepper, marjoram. Add enough fine bread crumbs to form firm balls. Dampen hands and roll liver mixture into ¾" balls. Test firmness, by dropping one ball into boiling water, if it does not hold together, add more bread crumbs. Make beef broth from beef and bone. Drop the liver balls into the hot beef broth and cook 10 minutes. Garnish with parsley and serve.

Mrs. Frank Franco, from a family recipe

VEGETABLES
SALADS
PRESERVES

VEGETABLES

PENNSYLVANIA DUTCH POTATO FILLING

(in casserole)

5-6 potatoes
½ *C milk*
1 large stalk celery
1 large onion
1½ *C bread cubes*
4 T butter
1 egg
½ *C parsley*

Cook potatoes and mash with milk. Saute diced celery, onion, and bread cubes in butter. Mix these together and add with egg and parsley to potatoes. Place in greased casserole and bake 30-45 minutes at 350°.

Yield: 6 servings

Blanche S. Wentzel

ARROZ COLORADO

Red Rice
(Latvia)

2½ *C white rice*
½ *medium onion*
¼ *large green pepper*
1 garlic clove
1 T achiota (This is the product name. It can be purchased in the Latin food section of any grocery.)
½ *medium can tomato sauce*
1 t tomato paste
2 small pieces of salt pork
Salt and pepper to taste

Fry salt pork in small skillet to get at least 2 T lard. Add pork, lard, and all other ingredients (except rice) to large shallow casserole or skillet. Mix well. Add rice and enough water to cover rice. Cook, uncovered, on stove over medium heat, stirring frequently, until water evaporates. Cover pan, lower heat, cook until rice is tender.

Santa Rios

Sweet Potatoes Georgian Style

12 large sweet potatoes
1½ t salt
⅛ t pepper
⅓ C butter
⅓ C cream
⅓ C Sherry
⅛ C brown sugar

Boil potatoes and remove skins. Add all ingredients and mash. Beat thoroughly and place in 3-quart casserole. Create rough surface and dot with butter. Sprinkle brown sugar over the entire surface. Bake at 350° for 30 minutes.

Yield: 12-16 servings.

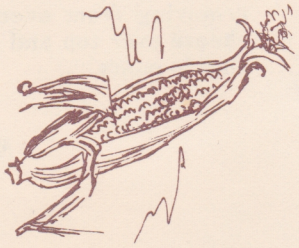
June A. Roedel

Southern Corn Pudding

1 17 oz creamed corn (Green Giant)
1 13 oz can evaporated milk
2 eggs, slightly beaten
¾ t sugar
2 T melted butter
½ t salt
⅛ t pepper

Combine all ingredients. Bake in buttered baking dish in slow oven 325° until firm. Pudding will be done in about 1 hour, when silver knife comes out clean.

Ludean B. Weisser



Brussels Endive Au Gratin

1 lb Brussels endive (8)
8 slices of boiled ham
2 C milk
2 T butter
1-2 T flour to thicken
½ C grated Swiss cheese
Bread crumbs

Wash endive and saute over low heat 1 hour. Make a Bechamel sauce with butter, flour, and milk. Add cheese and cook 10 minutes. Roll endive in ham slices. Put in baking dish and cover with sauce and bread crumbs. Bake 20 minutes at 350°.

Nicole Yoder

Oriental Stir-Fry Spinach

2 T cooking oil
1 medium chopped onion
2 slices bacon – cut fine
1 lb fresh spinach

Heat cooking oil in large skillet. Add onion and bacon (if bacon is fairly fatty, omit oil). Stir-fry until ingredients begin to brown. Add spinach which was washed and drained on paper towels. Add salt and ground pepper to taste. Stir briskly for a minute until spinach is limp and mixed well with ingredients. Serve at once as a side dish.

Yield: 3-4 small servings

Rachel Herb

Baked Eggplant Napoli

½ C chopped onion
2 T oil
1 10½ oz can tomato puree (or tomato paste diluted with 2½ cans water)
⅔ C water
1½ t salt
1 t oregano leaves
dash pepper
1 medium eggplant, peeled and thinly sliced
2 C grated sharp cheddar cheese

Saute chopped onion in a skillet. Add tomato puree, water, salt, oregano, and pepper. Bring to a boil and simmer for 15 minutes. In a greased 2-quart casserole, alternate layers of sliced egg plant, tomato sauce, and 1 C cheese, starting with a layer of eggplant and ending with layer of tomato sauce.Bake in 350° oven for 1 hour. A few minutes before removing from oven, sprinkle remaining cheese over top and continue heating until cheese melts.

Mrs. Harold Lykens

Butternut Squash

Peel squash and remove seeds; cut into cubes. Cook until tender. Mash with pancake syrup and butter. Eat as mashed potatoes.

Yield: 2C serves 2 or 3 people

Dolores Gundy

COLCANNON
(Scottish)

1 lb cold boiled potatoes
1 lb cold boiled cabbage
2 oz butter
½ t salt
½ t pepper

Mash potatoes, chop cabbage & mix. Turn into saucepan. Beat in butter salt & pepper. Stir over low heat until butter is melted and blended with vegetables. Serve with lamb.

Madeleine Scott

KARABAKH LOBY (CAUCASUS)
String Beans in Sour Cream and Tomato Sauce
(Russian)

1 lb fresh string beans, trimmed
2 C thinly sliced onions
4 T butter
1 small green pepper, cut into ½" pieces
3 medium tomatoes, peeled, seeded, and coarsely chopped (can use canned)
1 T finely chopped sweet fresh basil leaves, or substitute
1½ t dried crumbled basil
1 egg
1 t salt
Freshly ground black pepper
1 C sour cream

In a four to five quart pan, bring three quarts of lightly salted water to a boil. Drop in the string beans a handful at a time and boil. Lower the heat and cook uncovered for 8-10 minutes. (beans are tender but slightly resistant to the bite). Drain and rinse under cold running water and set aside. Melt butter in a heavy 10-12 inch skillet or 2 qt casserole over high heat. Add onions and green pepper, lower the heat, and, stirring occasionally, cook 5-8 minutes (vegetables are tender but not brown). Stir in the tomatoes and basil, raise the heat to high, and boil rapidly for 1 or 2 minutes, until most of the juices in the pan have evaporated. Stir in the green beans and simmer 1 or 2 minutes until heated through. In a mixing bowl, beat together the egg, sour cream, salt, and a few grindings of black pepper. Taste for seasoning (add a little white wine to taste), and stir in the vegetables. Transfer to the serving bowl and serve at once.

To serve 4 to 6

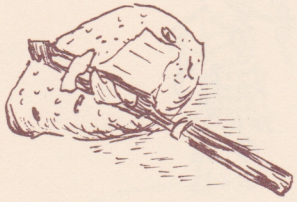
Ann Mohr

Swedish Raw Potato Pancakes

6 raw potatoes, grated to make 2 C
2 eggs
1¼ C flour
2 C milk
1 t sugar
Salt to taste

Beat eggs and add milk, flour, sugar, and salt. Add grated potatoes. Very thin batter should fill pan like a crepe. Fry in an oiled fry pan. Serve hot with lingenberry or cranberry sauce.

Martha Davis



Carrot Ring

2 C cooked shredded carrots
1½ C grated American cheese
2 eggs
1 C milk
1 C bread crumbs
Salt & pepper to taste

Thoroughly drain cooked shredded carrots. Add grated cheese, eggs, milk, crumbs and seasonings to taste. Pour into buttered ring mold. Bake in pan of hot water — 350° oven — 1 hour. Unmold at once — serve hot.

Edith Bitler

Spaghetti al Filetto

(the heart of the tomato)

2 cloves garlic
1 can tomatoes, or a few ripe ones
salt
a few basil leaves
Peppers if you want
Oil

Cook 1 clove of garlic in a little oil till the garlic is a little brown; then discard the garlic. Pour in tomatoes, another clove of garlic, salt, basil. Simmer 15 minutes, just bubbling around. When finished add more oil (it is not healthy to cook oil too long, so just add several minutes before it is ready — it's better that way).

Julie Berger

Salads

Pickled Japanese Vegetable Salad

1 can water chestnuts, sliced
1 can bean sprouts
1 can bamboo shoots
1 can mushrooms
1 can waxed beans (whole)
1 can green beans (whole)
Chopped celery equal to 1 can of beans.

Drain vegetables and place in large bowl. Add sugar and vinegar and mix. Refrigerate over night.

Barbara B. Heller

Cranberry Cream Salad

1 large box cherry jello
6 T sugar
2 C boiling water
1 can cranberry sauce, with whole cranberries
⅔ C celery, chopped
⅔ C walnuts, chopped
1 pt sour cream

Mix sugar and jello and add boiling water. When jello starts to set, add other ingredients, mix and chill. This can be made a day ahead, if you wish.

Mrs. Ethel M. Shaner

Old Fashioned Swedish Herring Salad

1 large herring, cleaned, skined and filleted
4 medium potatoes, boiled and chilled
4 large pickled beets
1 large tart apple
1 pickled gherkin
1 cup leftover meat, boiled or fried

Rinse well in lukewarm water and soak fillets overnight in plenty of cold water. Drain fillets and dice evenly. Place in large bowl and mix with ingredients, evenly diced. Mix ingredients gently with two forks and season with salt, freshly ground white pepper and 2 t brine from pickled beets. Pack tightly in a mold, rinsed in cold water, and refrigerate. Before serving, unmold on platter, garnish with hardboiled egg yolk, pickled beets and hardboiled egg white, all finely chopped. Serve with heavy cream, lightly whipped.

Danish Cucumber Salad

Yogurt
2 medium cucumbers
¾ C vinegar
2 T boiling water
3 T sugar
1 t fresh or dried oregano
Salt and pepper to taste

Cut cucumber in very thin slices (peel if desired). Heat water, sugar and vinegar together. Add cucumbers, sprinkle with oregano and let cool for about 10 minutes. Chill and top with yogurt.

Yield: 8 servings

Gertrude A. Derr

Lasary Voatabia

(Tomato and Scallion Salad)
(Africa)

1 C scallions, finely diced
2 C tomates, finely diced
2 t water
1 t salt
few drops Tabasco sauce

Combine ingredients in one quart bowl. Stir lightly and chill. Serve one third cup, per person, in small dishes.

Yield: 8 small salads

Candle Salad

Pineapple slices (1 for each serving)
Lettuce
Bananas (½ for each serving)
Maraschino cherries (1 for each serving)

Place pineapple slice on lettuce leaf. Insert half a banana in center of pineapple slice. Fasten maraschino cherry on top of banana with tooth pick.

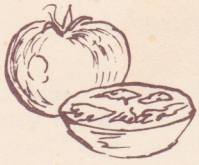
Pam Heck
Y-Teen

Pumpkin Salad a la Riga

2 lb pumpkin, cut in dices
1 C water
1 C sugar
2 T vinegar
12 cloves

Cook water, sugar, vinegar, cloves, stirring occasionally, until mixture thickens slightly. Add diced pumpkin and continue cooking until dices are clear. Keep refrigerated. Serve as cold salad with any hot or cold meat.

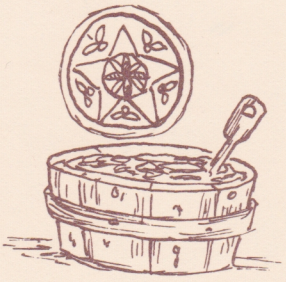
Mrs. Erika Rothermel



PRESERVES

APPLE BUTTER
(Pennsylvania Dutch)

- *4 qts apple sauce, commercial or homemade*
- *3 lbs brown sugar*
- *1 C cider or vinegar*
- *2 T cinnamon*



Wash and dry 7 pint jars. Dip seals or jar rings in boiling water.

Apple sauce: Wash, core, and cut apples in quarters, place in large pot; add small amount of water to apples to prevent sticking. Cook till soft. Put through food mill. Measure 4 qts apple sauce. Mix all ingredients and put into large, heavy skillet. Bake 3 hours in 350° oven. *Stir every half hour.*

Testing: Place 1 teaspoon of apple sauce in a small dish. When moved to one side of the dish with a spoon, no water should separate from the apple sauce.

Jar: Place apple butter in warm pint jars, wipe edge of glass clean, dry edge and seal. Apple sauce can also be placed in plastic containers and frozen.

My Mother-in-law, Naomi, has had this recipe in her family for at least 80 or 90 years. But at that time no one froze anything except in the snow outside in the winter time. Did you ever make ice cream out of clean new fallen snow?

Jean Sheehan

QUINCE HONEY

- *3 medium-sized quinces*
- *1 red tart apple*
- *6 C granulated sugar*
- *4 C water*

Wash fruit and grate with skins on. Add sugar and mix with fruit. Add water and mix thoroughly. Place in sauce pan and simmer 30 minutes or until quinces jell when dipped out on a dish. Place in sterilized glasses. When cool, cover with paraffin.

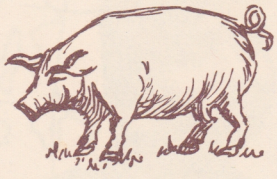
main dishes

main dishes

Ham Oriental Casserole

2 C cooked ham, diced
1 8½ oz can pineapple tidbits
1 t butter
1 C diced celery
½ C diced green pepper
1 pkg fried cream of leeks soup
1½ C water
1 can Chinese noodles

Brown celery and green pepper in butter until almost tender. Add water to soup mix and boil about 2 minutes. Mix all ingredients together in a casserole dish. Top with Chinese noodles. Bake for 20 minutes at 375°. Yield: 6 servings.



Agnes Arnold

Chinese Wood Chuck

½ lb mushrooms sliced
½ green pepper cut fine
1 C celery cut fine
1 T oil
½ C butter
¼ C flour
2 C milk
1 can mushroom soup
1 can milk
½ lb Velveeta cheese cut in small pieces
1 small jar of olives -18
1 pimento
4 hard-boiled eggs, chopped

Brown mushrooms, pepper celery in oil. Make white sauce of butter, flour, milk. Combine mushroom soup with milk. Add cheese to soup mix and heat till cheese is melted. Add mushrooms, pepper, celery, olives, pimento, and eggs and heat thoroughly. Serve over Chinese noodles or toast.

This is a very good meatless dish. Makes a satisfying meal with a salad and dessert.

Blanche Newkirk

TAUDOORI CHICKEN

(India)

- *4 chicken legs with thighs*
- *⅛ t garlic powder*
- *⅛ t ginger powder*
- *⅛ t all spice*
- *⅛ t hot red pepper (less if desired)*
- *1 t salt*
- *¼ t ground cumin seed*
- *¼ t coriander seed*
- *1 T lemon juice*
- *1 T vinegar*
- *1 T salad oil*
- *2 T plain yogurt*
- *1 t tomato paste (optional for color)*
- *lemon slices*

Wash chicken legs and pat dry with a paper towel. Place in baking pan. Make small cuts over the legs and thighs. Mix remaining ingredients in small bowl. Pour marinade over the chicken, rubbing all over and in the cuts. Marinate in refrigerator 6 to 8 hours, turning once or twice. Bake in 350° oven for 35 to 40 minutes. Rub with butter and return to broiler for 8 to 10 minutes for extra crispness if desired. Garnish with lemon slices and serve.

Yield: 4 servings.

In summer, you can use this recipe to cook out on the barbecue grill instead of the oven.

Veena Bhan

PORK AND SAUSAGE PIE

- *2 lbs pork, loin or shoulder*
- *1 large onion, diced*
- *1 potato, diced*
- *2 carrots, sliced*
- *¼ C parsley*
- *½ lb smoked sausage, ½" slices*
- *1 T salt*
- *1 t pepper*

Pie Crust

- *2 C flour*
- *1 t salt*
- *1 t baking powder*
- *1 T butter, heaping*
- *Milk, enough to roll*

Cook pork in salted water, enough to cover, until very well done. Remove pork and cut into pieces. Add onion, potato, carrots and smoked sausage to broth. Cook until potato is done. Drain vegetables and reserve broth. Mix and roll out ⅔ of crust and place in greased casserole. Add vegetables, cut-up pork, parsley, salt and pepper to crust. Use remaining dough to form top crust and dot with butter. Bake 35 to 40 minutes in 375° oven. Serve with heated broth.

Blanche S. Wentzel

SUKIYAKI

(Japan)

- *1 lb boneless chuck steak*
- *Instant meat tenderizer*
- *2 T butter or margarine*
- *½ C green pepper, chopped*
- *1 4 oz can mushroom stems and pieces*
- *4 stalks celery, thinly sliced*
- *1 16 oz can chop suey vegetables*
- *1 beef bouillon cube*
- *3 to 4 T soy sauce*
- *1 10 oz pkg frozen chopped spinach*

Sprinkle meat with tenderizer as directed on container and trim off excess fat. Melt butter in skillet; add green pepper and onion and cook over moderate heat until almost tender. Remove from skillet. Cut meat into very thin slices and brown both sides in skillet. Add cooked vegetables, mushrooms and mushroom liquid, celery, chop suey vegetables, bouillon cube, and soy sauce. Cook 15 minutes, stirring occasionally. Add spinach and cook until just wilted. Serve with cooked rice, if desired.

Yield: 6 servings.

Mary Gundy

BOBOTIE

African Main Dish

- *2 lbs ground beef (remove fat)*
- *2 medium onions chopped*
- *2 T margarine*
- *2 T curry powder*
- *2 T sugar*
- *2 T lemon juice or vinegar*
- *2 t salt*
- *¼ C dried apricots*
- *2 T apricot jam*
- *1½ C Milk*
- *1 thick slice of bread*
- *2 eggs*
- *4 bay leaves*
- *almonds*

Brown beef; put aside. In separate pan, brown onions in margarine until light brown. Add curry powder, sugar, lemon juice and salt. Add meat, apricots and jam. Soak bread in ½ C milk and mash; add 1 egg to milk-bread mixture and blend; Combine with meat mixture. Put in 9" x 13" buttered pan. Dot with bay leaves and almonds. Bake for 20 minutes in 350° oven. Combine 1 egg with 1 cup milk, salt and pepper. Remove pan from oven and pour egg-milk mixture over meat. Return to oven and bake 25 minutes.

Mary Bastian

GOLUMBKI

Stuffed Cabbage Rolls

(Polish)

1 head of cabbage
3 lbs ground beef
2½ C rice
1 onion, chopped
1 15 oz can tomato sauce

Cut out cabbage core; parboil cabbage till leaves are a little soft. Cook rice 2 or 3 minutes in boiling water. In a dish, mix meat, rice, and onions. Take cabbage leaves apart; wrap meat mixture in individual cabbage leaves. Place in a large skillet, add tomato sauce, and simmer covered for 1 hour.

Yield: 6 servings

Karen Kremzel
Exeter Jr. High

RAKOTT BURGONYA

(Hungary)

4 to 6 medium potatoes
¾ lb boiled ham
1 C sour cream
2 eggs, hard cooked
1 10 oz pkg cauliflower, frozen
bread crumbs
butter
salt and pepper

Peel, boil and slice potatoes. Layer one-half of potatoes in a well-buttered casserole. Cover with strips of ham and add ⅓ cup of sour cream. Add hard-cooked eggs and ⅓ cup sour cream. Add layer of cooked cauliflower and remainder of sour cream Add top layer of remaining potatoes. Sprinkle with bread crumbs and dot with butter. Bake in 350° oven for 20 minutes or until brown.

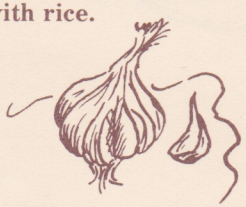
Marie M. Kleppinger

ADOBO CHICKEN

3 lb chicken, cut up
3 pork chops or 1 small pork butt, cut in small pieces
¼ C cooking oil
¼ t garlic
1 small onion, chopped
1 t salt
1 bay leaf
¼ C white vinegar
¼ C soy sauce

Saute pork in Dutch oven with oil, garlic, onion and salt. Add chicken with bay leaf, vinegar and soy sauce. Cover; simmer and baste sauce frequently over meat for 1 hour. Serve with rice.

Serves 5 to 6.

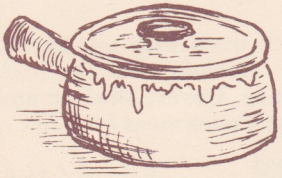


This recipe was given to us by our exchange student from the Philippines.

Mrs. Jay D. Wolfe

GREEK PASTITSIO

½ lb elbow macaroni (2 C uncooked)
2 t salt
2 T margarine
1 medium onion
½ lb. ground chuck
1 8 oz can tomato sauce
2 cloves garlic, minced
2 T margarine
2 T flour
1½ C milk, scalded
Pinch each salt, pepper, nutmeg
2 small eggs



Cook elbow macaroni in boiling water until tender but still slightly firm to the teeth. Drain, rinse in cold water and set aside. Heat margarine in a 10" skillet and in it slowly saute chopped onion until it begins to turn golden brown. Add meat, and with a wooden spatula, break up clumps, sauteing meat until it has lost its red color. Add tomato sauce, salt, garlic, and ½ t cinnamon. Simmer for 20 minutes. Grease an 8" square baking dish and turn half of the macaroni into it. Top with the meat sauce, spreading it evenly over macaroni. Add final layer of remaining macaroni. Preheat oven to 350°. Melt remaining 2 T of margarine and stir in flour. When bubbling, stir in hot scalded milk. Beat until smooth with a wire whisk and simmer about 5 minutes, or until thick and smooth. Remove from heat and cool slightly. Beat eggs lightly, and slowly spoon in half of hot cream sauce, beating constantly. Return mixture to remaining sauce in pan, and beat smooth. Season with salt, pepper , and nutmeg. Sprinkle top of macaroni with remaining teaspoon of cinnamon, and pour egg sauce over. Tap pan hard on counter top, so sauce seeps down. Bake 40 minutes or until the custard is firm. Let stand at room temperature.

Yield: 4 servings.

YWCA Festival of Nations:
Greek counter

MOUSSAKA
(Greece)

- *1 C brown rice, cooked*
- *1 medium egg plant*
- *3 t salt*
- *½ C cooking oil*
- *1 lb ground lamb*
- *2 medium onions, chopped*
- *1 clove garlic, minced*
- *1 8 oz can tomato sauce*
- *2 t salt*
- *1 t oregano*
- *¼ t pepper*
- *2 T butter or margarine*
- *2 T flour*
- *1 C half and half cream*
- *½ C grated Parmesan cheese*

Cut eggplant into ½" slices crosswise; sprinkle slices with ½ t salt and let stand about 30 minutes; rinse and pat dry. Heat slices in oil in 12" skillet, turning once, about 5 minutes, adding oil as needed; remove from pan. In the same skillet, brown meat until crumbly; add garlic and onion, and cook, stirring frequently, until onion is tender, but not brown. Add tomato sauce, salt, oregano, and pepper, and heat to simmering. Arrange half each of the cooked rice, meat mixture, and eggplant in layers in shallow 2 quart baking dish. Repeat layers of rice, meat, and eggplant.

Topping: Melt butter in small saucepan, and stir in flour and salt. Add half and half and cook, stirring constantly, until thickened. Stir in cheese. Spoon over the layered ingredients, cover, and bake 30 minutes at 325°. Uncover, and return to oven to continue baking until mixture is bubbling and top is lightly browned, about 15 minutes. Let stand 10-15 minutes before serving.

Mary E. Flickinger

BEEF GOULASH WITH NOODLES

- *¼ lb salt pork*
- *1½ lbs round steak, cut in 2" pieces*
- *1 T flour*
- *1 t salt*
- *½ t pepper*
- *1 clove garlic, mashed*
- *½ C finely cut onion*
- *1 C condensed beef bouillon*
- *1 8 oz can tomato sauce*
- *12 peppercorns*
- *1 T paprika*
- *1 6 oz pkg noodles*

Dice salt pork and brown over low heat until cooked. Set aside. Sprinkle steak with flour, salt and pepper; brown on all sides in pork fat. Add garlic, onion, bouillon and tomato sauce, and mix. Stir in peppercorns and paprika. Cover and cook over low heat for 30 minutes; remove and discard garlic. Continue cooking, covered, for another hour. Serve on noodles with salt pork sprinkled on top.

Yield: 6 servings.

Marilyn Fegley

Rice and Chicken

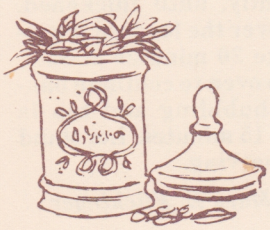
(Cuban)

- 2½ *lb frying chicken, cut in pieces*
- ¼ *lb lard or oil*
- *salt and ground pepper*
- 1 *t fresh ground garlic*
- 1 *medium onion, chopped*
- 1 *medium green pepper, chopped*
- 1 *bay leaf*
- 1 *15 oz can tomato sauce*
- 1 *lb raw rice*
- 4 *C water*
- 3 *T cooking wine*
- 1 *can sweet peas*
- 1 *can red peppers*

Rub chicken pieces well with combined salt, pepper and garlic. Heat lard or oil in heavy cast aluminum roasting pan; brown the chicken when fat is hot. Add onion, green pepper, bay leaf and tomato sauce. Wash rice well and add to this mixture. Stir well so rice does not stick to pan. Cook for 3 minutes; add water and season with salt and pepper to taste. Cook for 45 minutes and then add cooking wine. Turn heat to low and let rice cook. Do not cover. Serve on a platter and garnish with peas and peppers.

Yield: 6 servings.

Amada Alvarado



Papas Rellenas

Creamy Potato Balls with Ground Beef Filling

(Spain)

- 2 *oz Philadelphia cream cheese*
- 4 *C hot mashed potatoes*
- ½ *C ground beef*
- 1 *t finely chopped onion*
- 1 *t finely chopped pimento*
- 1 *t finely chopped green pepper*
- 1 *t salt*
- *Dash of pepper*
- 1 *T tomato paste*
- 2 *eggs*
- ¾ *C bread crumbs*
- ½ *t vegetable oil*
- 1 *C Crisco*

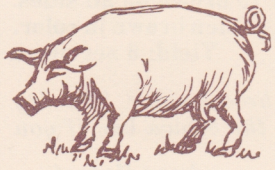
Mix cream cheese with potatoes and set aside. Combine meat with onion, pimento, pepper, salt, pepper and tomato paste; brown in ½ t vegetable oil in frying pan. Combine meat mixture with potato mixture and cool for 1 hour until mixture hardens slightly. Roll mixture into balls with your hands, whatever size is desired. Beat eggs in one plate. Place bread crumbs in another plate. Dip balls in egg batter first, then into bread crumbs, maintaining the shape of the balls. Heat Crisco in frying pan; place balls, 2 or 3 at a time, in hot grease, turning them with a spoon so as not to break them. Balls are done when lightly browned.

Yield: 6-8 servings.

Amada Alvarado

PERNIL
Roast Pork
(Spanish)

5 lb pork butt
4 or 5 garlic cloves
1 t black pepper
1 t salt



Roast must be seasoned at least 12 hours before cooking. To season, grind garlic, pepper and salt in mortar and pestle. Make small deep holes in all sides of the roast. Using your fingers, dab the seasoning mixture into the holes. Cover and refrigerate until you are ready to use. Pre-heat oven to 375°. Place the meat in shallow roasting pan and roast, uncovered, for 1½ to 2 hours. Meat must be turned 5 or 6 times while it is roasting. Lower heat to 200° and continue cooking for 15 to 30 minutes.

Santa Rios

BOOLGOGI
Roast Meat

1½ lbs. beef
4 T soy sauce
1 T chopped garlic
2 T vegetable oil
2 T cooking wine or water
½ t black pepper

Cut beef in pieces 3 x 3 inches. Mix all other ingredients to make marinade; pour over meat slices, stirring to cover all surfaces. Marinate at least 30 minutes or leave in refrigerator overnight. Put in flat pan, uncovered, and roast 10-15 minutes at 500 degrees.

This is a representative Korean food given us by our friend, Kyoung Suk Kang, now in the United States while her husband studies for his doctorate.

Catharine Craig

HAM HOCK DINNER
Soul Food

3 lbs ham hocks
6 medium size potatoes
6 C fresh green beans
salt and pepper

Place ham hocks in kettle; cover with water and simmer for 2 hours. Add string beans and potatoes; simmer another hour.

Yield: 6 servings.

Mary V. Knox

Southern Fried Chicken

Soul Food

1 C flour
1½ t salt
½ t pepper
1 T paprika
½ t garlic salt (optional)
shortening
1 chicken, cut up

Wash chicken; pat dry with paper towels. Place flour, salt, pepper, paprika and garlic salt in brown paper bag and shake to mix; add chicken pieces and shake until well coated. Heat shortening until hot and fry chicken, using low to medium heat, about 45 minutes. Turn chicken in order to brown on all sides. Chicken is done when golden brown in color.

Yield: 6 servings.

The paprika will give the chicken a nice golden brown color. The dry ingredients may be sprinkled on instead of using the brown bag if you prefer.

Anna Hubert

Chipped Beef Dish

2½ oz chipped dried beef or 3 oz tuna
2 C uncooked elbow macaroni
4 hard-cooked eggs, diced
1 lg onion, diced
2 C milk
2 cans cream of mushroom soup
¼ lb shredded cheddar cheese (1 cup)

Mix all ingredients together and refrigerate for several hours or overnight. Before baking, cover with another ¼ lb shredded cheddar cheese. Bake at 350° for 1½ hrs. Cover for first hour and uncover last ½ hr.

Member of Reading YWCA and Girls' Grad Club since 1937. Former member of Board, Reading YWCA ! ! !

Elizabeth C. Ream

Poor Man's Lobster

2 qts water
2 T vinegar
2 lbs frozen haddock fillets
¼ C butter
2 T lemon juice

Place water with vinegar in 3 quart saucepan and bring to boil. Cut partially thawed haddock into chunks; cook about 10 minutes in boiling water. Melt butter with lemon juice and serve at table as dip for fish.

Yield: 6 servings.

Barbara A. Frantz

Alaskan King Crab Casserole

- 2 *cans Campbell's frozen Potato Soup*
- ½ *C table cream*
- 2 *6 oz cans crabmeat (fresh or frozen)*
- 2 *T sherry*
- ½ *C dried parsley*
- 1 *T lemon juice*
- ½ *t salt*
- ½ *t curry powder*
- *bread crumbs*

Thaw soup, add all other ingredients. Place in shallow baking dish. Bake in 350° oven 30 minutes or more covered with bread crumbs.

Peg Ludwig

Breast of Chicken on Virginia Ham with White Wine Sauce

White Wine Sauce (for 24 people)

- ½ *lb butter, melted*
- ½ *C flour*
- 1 *pint heavy cream*
- 1 *qt chicken stock*
- ¾ *C sherry wine (or more, to taste)*
- *salt and pepper*

Broil chicken breasts (one per person) and place on slices of hot baked Smithfield ham. Pour on wine sauce at last moment.

Sauce: First cream melted butter and flour in saucepan and add slowly one pint cream and stock. Add wine, stir, and season to taste. If not enough wine, add a little at a time to taste. Pour over broiled chicken and sliced ham immediately before serving.

Peg Ludwig

Salmon Loaf and Cucumber Sauce

Salmon Loaf:

- 1 *1 lb can salmon (drained and flaked)*
- ½ *C salad dressing*
- 1 *can condensed cream of celery soup*
- 1 *egg, beaten*
- 1 *C dry bread crumbs*
- ½ *C chopped onion*
- ¼ *C chopped green pepper*
- 1 *T lemon juice*
- 1 *t salt*

Cucumber Sauce:

- ¼ *C salad dressing*
- ½ *C dairy sour cream*
- ¼ *C chopped cucumber*

Combine ingredients. Pour into greased 8½ x 4½ inch loaf pan; bake at 350° for 1 hour. Serve with cucumber sauce.

8 servings.

Carol Riedel

Stuffed Peppers

4 peppers
1 lb ground chuck
1 small onion
1 tomato, chopped
1 C cooked rice
¼ C raisins
1 T parsley
1 T fresh mint
½ C water
1 8 oz can tomato sauce

Parboil peppers for 5-10 minutes; drain and sprinkle inside with salt and pepper. Brown ground chuck with onion and tomato; drain excess fat. Combine rice, raisins, parsley, mint, salt and pepper and add to meat mixture. Stuff peppers and place in oven dish. Mix water and tomato sauce and pour over peppers. Cover and bake in 350° oven 1 hour.

Yield: 4 servings.

This is my own recipe taken from numerous other variations of stuffed peppers.

Judy Crouser

Filled Peppers
(Yugoslavia)

3 lg green peppers, cut in half
1 lb ground beef
1 C cooked rice
1 egg
salt and pepper
1 can tomato soup
2 soup cans water
1 t salt
2 T flour
2 T lard

Wash peppers; cut in half lengthwise. Mix beef, egg, rice, salt and pepper together well. Fill pepper halves with meat mixture and place in Dutch oven or deep fry pan. Mix tomato soup with 2 soup cans of water and 1 t salt. Cover and simmer about 1 hour. Remove from oven and add flour paste, stirring to thicken.

Paste: Melt lard in small saucepan; blend in flour to make paste, stirring continuously until brown.

It's the flour paste that makes this pepper dish different.

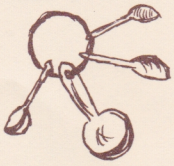
Mrs. Sophie Perini

Pain de Veau
Veal Loaf
(French)

2 lbs ground veal
2 lbs ground pork
4 slices of toast soaked in milk
1 large chopped onion
a few parsley sprigs, chopped
2 T salt
2 eggs
¼ t pepper
⅛ t nutmeg (optional)
½ C white wine (optional)

Mix all ingredients, except wine, together. Place in buttered loaf pan. Bake at 350° for 1½ hours or more till done. During the last few minutes, pour white wine over meat and let cook in pan drippings.

Yield: 12 servings.



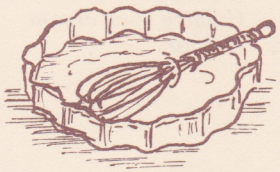
Nicole Yoder

QUICHE LORRAINE

(French)

- **Uncooked pastry shell*
- ½ *lb bacon*
- ¼ *lb (1 C) Swiss cheese, shredded (Gruyere or Cheddar)*
- 4 *medium eggs*
- 1 *T flour (optional)*
- 1¼ *C milk or half-and-half (preferred)*
- ¼ *t salt*
- *Pepper, freshly ground, or nutmeg*
- 1 *T butter, melted, or grated Parmesan cheese*

Fry bacon until crisp; drain and crumble. Place with cheese in uncooked pastry shell. In small bowl, combine eggs, flour, milk or cream, salt, and pepper; Pour over bacon and cheese. Add melted butter or Parmesan cheese over top. Bake in a pre-heated 375° oven for 30 minutes or until custard is firm and golden. Test by inserting knife; if blade comes out clean, the tart is finished. Serve hot or cold.



For pie shell, we suggest a Mrs. Smith's 8" shell. They are sold in packages of two in the freezer section of a supermarket. The unused one can be kept frozen for later use. Be sure to prick the bottom and sides of the crust* ***before baking* *so that trapped air will not build up under the pie shell.*

Nancy Fisher

CRABMEAT QUICHE

- 1 *unbaked pie shell*
- ½ *C mayonnaise*
- 2 *T flour*
- 2 *beaten eggs*
- ½ *C milk*
- 1⅔ *C (7½ oz can) or 1 pkg frozen crab meat*
- ¼ *lb Swiss cheese*
- ⅓ *C sliced spring onions*

Combine mayonnaise, flour, eggs, and milk in bowl. Mix till blended. Stir in thawed crab, torn apart and patted to remove water. Stir in cheese (sliced and diced) and spring onions (sliced up the stem to show some green). Pour into unbaked pie shell. Bake at 350° 45 minutes. Serve in thin slices for hors d'oeuvres or in larger pieces with a salad for lunch or supper.

Mrs. Frederick Williams

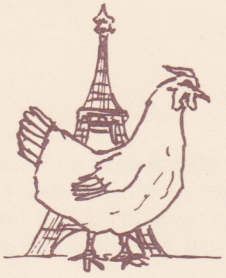
Chicken Parisienne
(French)

6 med. chicken breasts
salt and pepper
paprika
½ C dry white wine, vermouth (optional)
1 10½ oz can condensed cream of mushroom soup
1 4 oz can sliced mushrooms, drained (½ cup)
1 C dairy sour cream
¼ C flour

Sprinkle chicken breasts lightly with salt, pepper, and paprika. Place chicken breasts in CROCKPOT. Mix white wine, soup and mushrooms until well blended. Combine sour cream with flour and add to soup mix. Pour over chicken breasts in pot. Sprinkle with paprika. Cover and cook on low 6 to 8 hours. Serve sauce over chicken with rice or noodles.

Serves 6.

Carol Riedel



Deviled Crab Casserole

1½ C milk
1½ C soft bread crumbs
2 C flaked crab meat
5 hard cooked eggs
1½ t salt
⅓ t dry mustard
⅛ t paprika
½ C melted butter

Combine milk and bread crumbs. Gently stir in flaked crab meat and hard cooked egg whites, finely chopped. Mash egg yolks and combine with salt, mustard, paprika and butter. Blend with crab meat mixture. Place in baking dish and cover with fine buttered bread crumbs. Bake in 450° oven 25 to 30 minutes.

Sara Ruth

Zucchini Palmolese
(Italian)

4 medium zucchini squash
3 medium potatoes
¼ cup oil
½ clove minced garlic
2 T green pepper
1 T parsley
1 T chopped celery
salt and pepper
3 eggs
4 T Parmesan cheese

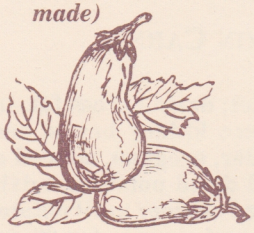
Wash and cut zucchini into thin slices (do not peel). Cut potatoes into small cubes. Heat oil in frying pan. Combine zucchini, potatoes, garlic, parsley, celery, green pepper, salt and pepper in frying pan. Cook slowly, uncovered, stirring occasionally until fully cooked. Beat eggs and cheese together and pour over zucchini mixture. Blend together and simmer about 3 minutes more.

Yield: 6 servings.

Rose DaDamio

Eggplant Parmigiana
more oil, fewer crumbs
(Italian)

1 medium eggplant
2 eggs
¼ C milk
2 C Italian seasoned breadcrumbs
salt and pepper
¼ C oil
¼ lb Parmesan Cheese
2 C spaghetti sauce (commercial or homemade)



Peel eggplant and cut into thin slices about ⅛" thick. Beat eggs and milk together. Dip eggplant slices into egg mixture. Coat with breadcrumbs combined with salt and pepper to taste. Fry slices in oil until golden brown. Place slices on paper towel to absorb excess oil. Place one layer of eggplant in 1½ quart casserole. Cover with sauce and sprinkle with Parmesan cheese. Repeat layering, ending with sauce and cheese. Bake covered at 350° about 20 minutes.

Yield: 6 servings.

Mrs. Rose DaDamio

Veal Parmesan
(Italian)

4 veal cutlets ¼" thick
1 egg
salt and pepper
1 C milk
½ C bread crumbs
½ C Parmesan and Romano cheese
½ C oil
1 15 oz can tomato sauce
1½ t garlic salt
1 t oregano
1 8 oz pkg sliced Mozzarella cheese

Cut veal cutlets into serving pieces. Pound flat. Dip in mixture of egg, salt and pepper. Then dip in mixture of bread crumbs and grated cheese. Refrigerate for one hour. Brown both sides of veal in hot fat. Place in casserole. Add tomato sauce to cover, garlic salt and oregano. Top with Mozzarella cheese. Bake in 325° oven for 30 minutes.

Yield: 8 servings.

Peg Ludwig

Spaghetti A La Carbonara

(Italian)

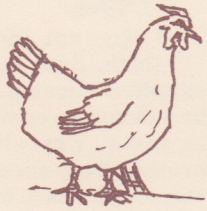
1 lb spaghetti
10 slices bacon
4 eggs
1 t salt
2 C freshly ground Parmesan cheese

Cook spaghetti. While cooking, brown bacon (not crisp) and cut in small pieces; set aside. Beat eggs slightly with fork and add salt. Drain spaghetti when cooked and while still hot, pour in eggs, add cheese and mix (hot spaghetti will melt cheese to mix with eggs and form sauce). Add bacon pieces and serve.

Yield: 8 servings.

The Italians told me the most important thing is not to overcook the spaghetti. Tend it carefully with a fork so it doesn't stick together and when you think it's ready, fish out a piece and bite it. It should still be firm – al dente.

Julie Berger



Pennsylvania Dutch Chili Con Carne

1 lb lean ground beef
1 16 oz can kidney beans
1 16 oz can yellow whole kernel corn
1 16 oz can tomatoes
2 or 3 small potatoes, diced
2 T chili powder
1 t oregano
1 T minced onions
1 to 2 T garlic salt

Brown meat in skillet; drain excess fat. In 4 quart saucepan, place kidney beans, corn, tomatoes, chili powder, oregano, minced onions, garlic salt and diced potatoes, mixing well. Bring to boil and simmer until potatoes are done; add meat and simmer for 30 minutes or longer.

Yield: 6 servings.

This recipe has been handed down from 3 generations of Pennsylvania cooks.

Doris A. Wagner

Dill-Cured Salmon

(Sweden)

Salmon:

4 lb salmon
2 T coarse salt
2 T sugar
3 t white peppercorns, crushed
dill sprigs

Sauce:

1 T mild mustard
1 t dark mustard
1 t sugar
1½ t wine vinegar
¼ t salt
¼ t white pepper
3 T oil (not cooking oil)
3 T dill sprigs, finely chopped

Salmon: Scrape salmon carefully with knife. Wipe off but do not rinse. Remove backbone and side bones and cut in 2 pieces lengthwise. Rub inside of fish with mixture of salt, sugar and pepper. Place one piece of salmon, skin side down, in a pan or bowl just large enough. Cover with plenty of coarsely chopped dill sprigs. Place the other piece of fish on top, skin side up so that the thick part rests on the thin part of the other piece. Cover with weighted plate. Refrigerate for 24 hours. Turn fish over a couple of times during this period and add more dill. Remove spices and dill and remove, but save, skin. Cut salmon in thin, diagonal slices or in straight, thick slices. Arrange slices flat on serving platter and garnish with fresh dill sprigs and salmon skin, cut in ½" strips and sear. Serve with sauce.

Sauce: Stir all ingredients except oil and dill, working like a mayonnaise. Add oil slowly and then chopped dill.

Sausage Corn Bread Supper

1 lb pork sausage links
6 apple rings
1 C corn meal, white or yellow
2 T sausage drippings
½ t salt
4 t baking powder
1 egg
1 C milk

Brown sausage in skillet over low heat. Drain off drippings and reserve. Arrange 10 sausage links and 6 apple rings in bottom of skillet. Chop remaining sausage links into small pieces and set aside. Corn Bread: Sift together dry ingredients. Add egg, milk and 2 tablespoons of sausage drippings. Beat with rotary beater until smooth, about 1 minute (do not overbeat). Blend in chopped sausage links and pour batter over apple rings and sausage in skillet. Bake in 425° oven about 25 minutes. Invert immediately and serve with warm applesauce.

Yield: 6 servings.

Laverne Knox

TORTELLINI
Stuffed Pasta

Pasta:
2 C flour
2 egg yolks
1 C water
Salt
Milk

Filling:
1 lb meat, chopped veal or pork
1 egg
¼ t nutmeg
salt and pepper to taste
1 t butter
¼ C beef broth

Filling: Combine the chopped meat with egg, nutmeg, salt, pepper, butter and broth.

Pasta: Combine flour, egg yolks, water and enough milk to make dough. Mix ingredients and roll out pasta very thin, ⅛"; if too thin, add flour; if too thick, add milk.

Dough must be of a consistency to roll ⅛" thin. Cut into approximately 2" squares. Place a morsel of meat mixture, about ½ teaspoon, on each square; fold over pasta to enclose it; squeeze edges to seal. Cook by boiling in salted water. Tortellini are served like macaroni in a variety of ways: Tortellini al Brodo, in a broth; Tortellini al Panna, in a cream sauce; or serve in a spaghetti or tomato sauce.

Served in a rich white sauce is delicious, my favorite! By the way, you can visit an Italian food store and look at the ready-made bags of tortellini if you want to see what they look like.

Julie Berger

SWEET AND SOUR RIBS
(Chinese)

2 lbs pork ribs
1 T finely shredded ginger root
2 T sherry
3 T soy sauce
1 T Hoisan sauce
¼ t salt
black pepper
3 T oil
3 T corn starch
2 C beef broth
1 T vinegar
1 T soy sauce or ketchup
parsley

Have butcher chop ribs crosswise into 3 sections. Use a knife to separate each rib; remove fat; rinse under water and drain. Marinate inch-long ribs for 1 hour in mixture of ginger root, sherry, soy sauce, Hoisan sauce, salt and pepper. Fry the ribs in hot oil for 5 minutes. Add 1 cup of broth and simmer for 25 minutes until the meat turns light brown. Combine 1 cup of broth, vinegar, soy sauce or ketchup with corn starch and heat to a boil. Mix with cooked ribs, garnish with parsley and serve hot. Variations: Fry the starch coated and marinated ribs for 4 to 5 minutes. Then simmer in the broth, vinegar, soy sauce mix for 15 minutes. Or: Bake the marinated ribs about 3 inches long for 1 hour at 325°. Add broth, vinegar and soy sauce mix for the last 20 minutes.

Elaine Tsai

Swiebel Waie Kuchen

Onion Cake
(German)

1 lb flour
1½ oz yeast
Warm milk
1¼ lb onions, chopped
7 oz smoked bacon, cut in small pieces
4 eggs
1 C cream, left out 2 or 3 days to thicken
1 t salt
Pepper
Muscat (white grape wine)

Mix yeast in the milk and pour it over flour. Wait about 1 hour until it rises. Knead dough with the hands, adding warm milk as needed and a little salt. Fry bacon gently and remove from pan. Fry onions in bacon grease until glassy, not brown. Set onions aside to cool. Beat eggs and add cream, salt, pepper and muscat. Mix in the cooled onions. *Crust:* Roll out the dough and spread it in a shallow pan, like a pizza pan. Spread the onion mixture on the dough (do not allow it to run under the dough). Sprinkle bacon over the top. Bake about 50 minutes in 350° oven. Serve hot from the oven.

This dish is usually eaten in autumn with a potato soup and apple cider. We had it with yellow grape juice! It comes out like a thick pizza and is very rich. You need the grape juice to cut the richness.

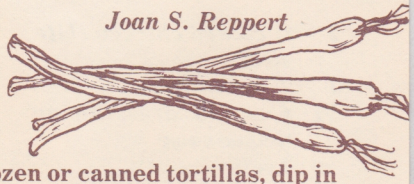
Julie Berger

Cape Cod Casserole

1 small onion, chopped
1 C chopped celery
½ green pepper, chopped
1 C mushrooms
2 T chopped parsley
1 6½ oz can crabmeat
1 4 oz can small shrimp
2 T butter
2 T flour
2 C milk
¾ C bread crumbs
¾ C grated cheddar cheese

Saute onion, celery, pepper, mushrooms and parsley lightly in butter. White Sauce: Melt butter in saucepan. Add four and salt and pepper to taste. Blend well. Slowly blend in milk and stir till thickened. Add sauce to sauteed mixture. Add crab meat and shrimp. In a buttered casserole, alternate layers of above mixture with layers of bread crumbs and cheese, topping with bread crumbs. Bake 20 minutes at 450°.

Joan S. Reppert



Tacos

(Mexican)

Tortillas, frozen, canned or boxed
1 lb ground chuck
salt and pepper
½ t cumin
½ t garlic salt
2 medium onions, finely chopped
lettuce
sharp cheddar cheese, grated
1 4½ oz can taco sauce

When using frozen or canned tortillas, dip in hot oil for about 4 seconds to soften. Then hold gently between forks and fold over; drain on paper towels. Saute meat with onions and seasonings. Fill shells with meat mixture. Top with shredded lettuce, grated cheese and taco sauce.

Yield: 8-10.

Dolores Zweizig

Frango a Cafrial

African Barbecued Chicken

- *4* 2½ *lb roasting chickens*
- *1* *t cayenne pepper*
- *1* *T salt*
- *1* *t garlic powder*
- ½ *t ground ginger*
- *1* *t paprika*
- ½ *C salad oil*

Combine ingredients and blend thoroughly. Rub chickens on all sides thoroughly with seasoned oil. Roast, broil or barbecue the chickens in your favorite manner, basting them from time to time with the seasoned oil. Cut chickens in half. Serve with white rice.

Yield: 8 half chickens

Cheese Strata

- *4* *slices bread*
- *2* *eggs*
- *1* *C milk*
- ½ *t salt*
- *pepper*
- ½ *C (2 oz.) shredded cheddar cheese*
- ½ *lb bacon, cooked (optional)*

Preheat oven to 325°. Cover bottom of buttered 9" square pan with bread slices. Beat together eggs, milk and seasonings. Pour over bread. Let stand at least 20 minutes (or ½ day if desired). Sprinkle cheese over all. Bake 45-60 minutes or until knife inserted in center comes out clean and strata is puffy. Fry bacon until crisp. Drain. Cut strata into squares to serve. Top with bacon curls.

A good brunch, luncheon, or supper dish. Delightful served with jellied cranberry salad.

Sally Worth

Hot Chicken Salad

- *2* *C cooked chicken (bite size)*
- *1* *T lemon juice*
- ½ *C salad dressing or mayonnaise*
- ½ *t salt*
- *1* *C celery, chopped fine*
- *2* *hard cooked eggs (chopped)*
- ½ *can undiluted cream of chicken soup*
- *1* *t finely minced onion*
- *1* *T minced pimento*
- ½ *C grated cheese*
- *1* *cup slightly crushed potato chips*
- ½ *C chopped nuts*

Combine all ingredients except cheese, chips and nuts. Toss together and spoon into buttered 8" x 8" x 2" pan. Top with cheese, chips and nuts. Refrigerate overnight. Bake at 400° for 20 to 25 minutes. Serves 4 or 5.

Barbara B. Heller

Desserts

cakes
cookies
pies

Desserts

Baklava

(Greek)

1 lb phyllo (pastry sheets)
1 lb ground almonds
¼ C sugar
1 t cinnamon
1 lb sweet butter
Whole cloves

Syrup
1 C water
2 C sugar
Juice of ½ lemon
½ C honey

Combine almonds, sugar, and cinnamon in mixing bowl. Melt butter. Brush bottom of baking pan the size of the pastry sheets with butter. Place the pastry sheets in the pan, brush each with butter, until there are 5 or 6 in the pan. Sprinkle the nut mixture over the pile of pastry sheets. Repeat with pastry sheets until at least 2" thick. Finish with 5 layers of pastry, buttered. Cut into diamond squares, and place a clove in the center of each square. Bake at 325° until golden brown. Make syrup by boiling sugar, water, and lemon juice; add the honey for the last 5 minutes. Cool the syrup and pour over the baklava, hot from the oven.

Esther Thomas

Brandied Chocolate Pot De Creme

(France)

1 C evaporated milk
3 egg yolks
⅛ t salt
2 T sugar
1 (6 oz) pkg semi-sweet chocolate pieces
1 T brandy
heavy cream-to garnish

Scald evaporated milk. Beat egg yolks with salt and sugar until thick and lemon colored. Slowly add scalded milk, stirring rapidly. Cook over low heat, stirring constantly, until the mixture just begins to thicken — begins to coat spoon in about 3 minutes. Remove from heat and add semi-sweet chocolate pieces immediately and stir until melted and smooth. Stir in brandy and spoon onto pot de creme or demitasse cups. Chill several hours — then top with whipped cream when serving.

Mrs. Emil Van Hook

Omelettes Sucrees

(France)

10 well-beaten eggs
½ C milk
1 t vanilla extract
1 T sugar
pinch of salt

Add milk to well-beaten eggs, then vanilla, sugar, and salt; stir well. Fry in buttered teflon pan, just enough to coat the pan. Then fry until lightly brown. Roll onto a plate and serve with sugar.

Nicole Yoder

Crepes Suzette

(France)

2 C flour
¾ C powdered sugar
5 eggs
1 pt milk
pinch of salt
grated lemon or orange peel (optional)

Mix flour, salt, sugar. Add milk slowly, then add well beaten eggs and mix. Fry in buttered teflon pan or crepe pan, until brown. May be rolled with jelly, sugar, or syrup, or ice cream.

Nicole Yoder

English Trifle

2 pkgs lady fingers
1 qt frozen raspberries, cooked with sugar till sauce stage
⅓ C orange juice
Wine, to taste
12 macaroons, pulled apart
Whipped cream (cool whip may be used)
Custard
Chopped nuts (walnuts or almonds)

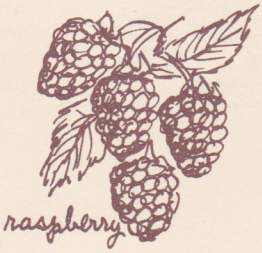
Custard
3 C milk
⅓ C cornstarch
⅓ C sugar
¼ t salt
2 egg yolks
1 t vanilla

Combine: cook, stirring till thick. Cool.

Trifle

Line bowl with split ladyfingers, cover with cool raspberry sauce, pour mixture of wine and orange juice (I use about ⅓ C) over ladyfingers. Sprinkle macaroons over top, spread custard over macaroons, cover with whipped cream, and sprinkle top with chopped nuts.

Wendy Helm



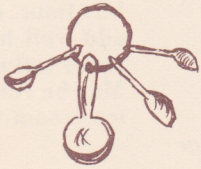
Flan Custard Dessert

(Cuban)

1 qt milk
1 piece of stick cinnamon
1 can condensed milk
8 eggs
3 T sugar

Melt the sugar in the mold which is to be used until it is carmelized. Scald milk with stick cinnamon added and let cool. Add condensed milk and the whole eggs. Beat well for five or six minutes. Pour on the mold with the carmelized sugar. Place the mold in a pan of hot water and bake for 30 minutes at 350 degrees. Test with a tooth pick or cake tester and if it comes out clean then it is done. If not, bake for 10 minutes more or until done. Let cool and turn onto a plate.

Amada Alvarado



Caramel Pudding

(Norway)

3 large eggs
¾ C sugar
¼ t salt
1 t vanilla
3 C milk

Grease a shallow glass or ceramic preferred, (or metal) pan that can be set into a larger pan for double boiler effect when baking. Heat oven to 300° for glass pan, or 325° if other. Beat together the eggs, ¼ C sugar, salt, and vanilla. Caramelize ½ C sugar: rub a heavy frying pan lightly with butter. Put sugar and set over moderate heat, stirring constantly with wooden spoon until sugar melts. Stir until sugar becomes medium brown syrup. (Add more sugar as you go for more sauce.) Pour caramel evenly into buttered pan. While preparing caramel, scald 3 C milk. Add milk to egg mixture and beat with fork. Pour egg mixture over caramel and place in larger pan with about 1" of hot water in the bottom. Bake until silver knife when inserted near edge comes out clean, about 30 minutes. Cool overnight. The custard will be firm when cooled.

Sue Nodlund

New England "Plum" Pudding

½ *cup light molasses*
1¾ *C flour (all purpose flour)*
¾ *C milk*
1 *C seedless raisins*
½ *C citron*
½ *C Mixed Fruit*
½ *C Crisco or other shortening – melted*
1 *egg*
½ *t salt*
1 *t baking powder*
1 *t cinnamon*
½ *t clove and nutmeg*
½ *t vanilla*
½ *t lemon extract*

Directions: (Make at least a week in advance of serving).

Sift dry ingredients together with baking powder and salt. Mix all other ingredients together. Add dry ingredients and heat. Grease and flour top of double boiler. Steam in top of double boiler with cover 2½ hours. Remove top of double boiler with pudding and place in 375° oven for 30 minutes, removing cover last 15 minutes to brown top. Remove from pan. Wrap in foil to serve: Warm by placing pudding in foil and putting into oven about 30 minutes at 275°. Upon removing from oven serve with whipped cream or the traditional hard sauce. Hard sauce is a *very stiff* butter and confectioners sugar mixture, similar to a white cake icing. Very rich — serve in small pieces.

(Serves 8-12 people).

This recipe is used at Christmas time and dates back to the early 1700's in New England. It is said the early settlers brought it from England. The recipe has been handed down through many families and came to me from relatives on Cape Cod. (It freezes very well.)

Evelyn Kitzmiller

Penna. Dutch Cracker Pudding

4 *C milk*
2 *eggs, separated*
½ *C sugar*
2 *C coarse cracker crumbs*
1 *C shredded coconut*
1 *t vanilla*

Scald milk in top of double boiler. Beat egg yolks and add sugar. Add this mixture gradually to scalded milk. Stir constantly. Allow to cook for one minute and then add cracker crumbs and coconut. Stir until cracker crumbs are soft and mixture is thick. Remove from heat and add vanilla. Pour into a buttered baking dish. Spread with meringue made by beating 3 tablespoons sugar into stiffly beaten egg whites. Bake at 350° until meringue is golden brown.

Makes 6-8 servings.

Fay Strickler

NOODLE KUGEL

(Israel)

1 lb thin or medium noodles
8 eggs
1 stick margarine
½ C honey
½ C sugar
1 regular size can of crushed pineapple, packed in its own juice – not sweetened cinnamon

Boil the noodles in slightly salted water that has come to a boil. Boil until tender, about 10 to 12 minutes. While the noodles are cooking, mix together in a large bowl, the remaining ingredients except the cinnamon. Be sure to include pineapple juice. Drain the noodles and add to pineapple mixture. Mix well. Pour into greased cake pan, at least 2" deep. Sprinkle the top generously with cinnamon. Bake in 350° oven for 1 hour or until the top is browned.

Hilda Friedman

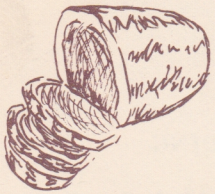
RICE PUDDING

Soul Food

2 C cooked rice (1 C raw)
1½ C milk
¼ t salt
⅓ C sugar
1 t vanilla
3 eggs, beaten
½ t grated lemon rind
1 t lemon juice
½ C raisins

Combine all ingredients except lemon rind, lemon juice and raisins. Grease a baking dish and pour pudding mixture into it. Bake in preheated oven at 325°. After pudding has been baking for 20 minutes add the lemon rind, lemon juice and raisins. Stir gently for ½ minute. Adding the raisins at this time insures that they will be mixed into the pudding and can't sink to the bottom as sometimes happens. Bake 30 minutes longer.

Mrs. Mary Knox



GELLO DE MELONE

Melon Pudding

(Italian)

Watermelon
3 T starch for each quart of melon juice

Extract the juice from the melon by squeezing with the hands, a reamer, or through a sieve. Mix the starch with the juice. Cook about 3 minutes. Pour in bowls and refrigerate till firm.

Specialty of Palermo, Sicily. More like a cold, clear pudding but I don't know what you'd call it – like "Whip" or something.

Julie Berger

SNOWBALLS
(Doughnuts)
(Pennsylvania Dutch)

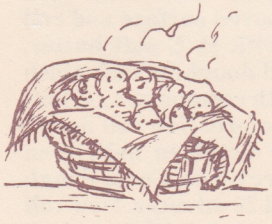
Cream:
1 cup granulated sugar
1 T butter
Add:
2 eggs
Add:
1 cup sweet milk
3 cups flour
2 t baking powder

Method: Melt 3 pounds of lard or use one large bottle of vegetable oil. Heat same as you would to french fry. Drop batter from teaspoon carefully into hot fat. As they finish frying on one side they flip themselves over. Remove from fat and drain on paper towel. Sprinkle right away with powder sugar.

Yields: About 100 spoon size doughnuts.

My Mother-in-law, Naomi, was taught to make this recipe when she was 12 years of age. I have used it for 30 years, simply because it is tasty and much easier than the regular doughnut recipe. Our five daughters also use their Grandmother's quick way to enjoyable eating.

Jean Sheehan



HEAVENLY FOAM
(Latvia)

2 C fresh cranberries
3 C water
½ C Farina
1 C sugar
salt

Cook cranberries in 3 cups of water until they pop open. Put mixture through a sieve. Bring again to a boil, add Farina, all the time stirring slowly. Cook about 5 minutes. Add sugar, keep stirring until mixture thickens and is lukewarm only then use electric mixer — medium speed. When mixture is foamy and at room temperature — cool in the refrigerator. Serve with cold milk.

Mrs. Erika Rothermel

BON-BONS

1 C butter
1½ C confectioners sugar
1 egg
½ t vanilla
½ t almond
2½ C sifted flour
1 t soda
1 t cream of tartar

Beat well butter, confectioners sugar, egg, vanilla, almond. Add flour, soda and cream of tartar. Beat again. Chill 1 hour. Form small balls, bake 12 minutes at 375°.

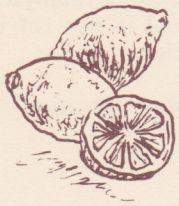
About 8 doz

Cora Bard Miller

DANSK WIENERBROD HANEKAMME

Danish Pastry with Cockscombs

- *1 pkg active dry, or 1 cake yeast*
- *¼ C warm (not hot), or lukewarm water*
- *¼ C granulated sugar*
- *½ t salt*
- *½ t nutmeg*
- *Grated rind of 1 lemon*
- *¼ C shortening*
- *1 C milk, scalded*
- *2 eggs, beaten*
- *4 C sifted all-purpose flour*
- *1 C soft butter or margarine*
- *Apricot jam*
- *1 egg white, slightly beaten*
- *2 T sugar*
- *2 T chopped blanched almonds*



Early in the day, or the day before, sprinkle or crumble yeast onto warm water (use lukewarm water for cake yeast); stir till dissolved. In large bowl, pour the scalded milk over ¼ C sugar, salt, nutmeg, lemon rind, and shortening; stir until shortening is melted. Cool to lukewarm; stir in eggs and yeast mixture. Gradually add flour, beating well after each addition. Cover bowl with waxed paper and towel, and let rise in warm place (about 85°) until doubled in bulk. Turn dough out onto well-floured surface and roll into 14" square; dot with ½ C soft butter, leaving 2" border. Fold dough in half; pinch edges together. Dot with remaining ½ C butter; fold and pinch as before. Now roll dough into 12" square; fold dough in half, then crosswise; repeat 3 more times. Cover dough with towel and let stand 20 minutes. Now roll dough into 18" square; cut into sixteen 4½" squares; spread a rounded t of apricot jam down the middle of each square. Overlap two opposite sides of each square over filling, pinching long side to seal. On ungreased cookie sheets, place pastries, seam side down; now with scissors, slash long side of each 4 times about ⅔ of way through; curve pastries so slashes spread apart slightly like a fan. Start heating oven to 450° F. Brush pastries with egg white; sprinkle with mixture of sugar and almonds. Let rise in warm place just until light — about 15 minutes. Bake 10 to 12 minutes, or until golden brown. If desired, pastries may be freezer-wrapped, then frozen. To serve, let thaw, wrapped, at room temperature.

Yield: 16 pastries

Rigmor Anke

CHRISTMAS WALNUT LOG

Disobeigli

Basic Short Pastry

1 C butter or margarine
2½ C flour
2 egg yolks
1 T lemon juice
pinch of salt
2 T sour cream
3 T water (lukewarm)

Cut butter into very small pieces. Put flour on a slab and work in the butter pieces with the tips of your fingers. Add the egg yolks, lemon juice, salt, sour cream, and water. Knead and work into smooth pastry. Let pastry rest in the refrigerator for a half hour before rolling it out.

(Makes 1 large pie or 2 small ones.)

TO MAKE 2 loaves;
1½ RECIPES OF BASIC SHORT PASTRY

THE FILLING:

¾ lb ground walnuts
small pieces of vanilla bean
1 C milk
1 C sugar
½ C sultana raisins
½ C finely chopped candied orange peel
4 T apricot jam
Juice of 1 lemon
Ground rind of 1 lemon
2 egg whites
Beaten egg yolk for brushing pastry
Vanilla flavored powdered sugar for dusting pastry

Divide short pastry in 2 parts. Roll each out in rectangular shape to a quarter inch thickness. Prepare filling by putting in a saucepan the ground walnuts, vanilla bean, milk, and sugar. Let simmer very, very slowly for 15 minutes. Remove from flame, mix in the sultanas, chopped candied orange peel, apricot jam, and the lemon juice and grated rind. Separately beat egg whites and fold into the mixture. Spread the filling over the pastry, then roll up tightly and tuck in both edges. Brush with a little beaten egg yolk. Prick all over with a fork. Preheat oven to 350°. Put in the loaves, but not too near each other. Bake 45 minutes to 1 hour. While still hot, dust with vanilla-flavored powdered sugar.

This is the classical Christmas pastry in middle Europe. It is prepared the week preceding Christmas, and the longer it keeps the better it is.

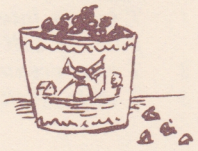
Doris Miller

Pretzel Dessert

1 C crushed pretzels
¼ C margarine
¼ C granulated sugar
1 envelope Dream Whip
4 oz Philadelphia cream cheese, softened
¼ C powdered sugar
Peaches, cherries, or pineapple

Mix pretzels with margarine and sugar, and cream together. Put in 8" x 8" or 9" x 9" pan and bake for 20 minutes at 300°. Let cool. Mix Dream Whip, made up, cream cheese and powdered sugar. Spread on cooled crust and cover with some kind of fruit. Top with Cool Whip before serving. Dessert may be made the day before using.

Johanna Mertz



Grandmother's 1, 2, 3 Fudge

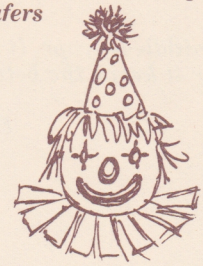
12 oz bag of chocolate chips
small jar of peanut butter, crunchy
bag of mini marshmallows

In double boiler melt bag of chocolate chips. Add crunchy peanut butter and melt in. Take off heat and add bag of marshmallows. Chill for one half hour.

Vicky Hawk
Y-Teen

Yum-Yum Treat

3 8 oz pkg Philadelphia cream cheese
3 eggs
⅔ C sugar
1 t vanilla
24 vanilla wafers



Beat cheese, eggs, sugar, and vanilla till smooth. Put a vanilla wafer in bottom of each of 24 cupcake cups, and spoon on cheese mixture. Bake for 15 minutes at 325°. After cool, put pie filling on top.

Yield: 24 servings

Kim Strouse
Y-Teen

Rothesay Pudding

2 oz margarine
2 T raspberry or strawberry jam
1 level t baking soda
1 C bread crumbs
1 C warm milk
1 C self-raising flour

Rub the margarine into the flour and mix in bread crumbs, jam and soda dissolved in the warm milk. Steam in a *greased* and covered bowl for 1½-2 hours set in a pan of water. Turn out and serve with custard or jam sauce.

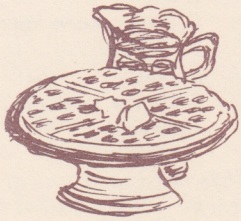
Madaleine Scott

Potato Doughnuts (Unraised)

3 medium potatoes mashed and warm
2 eggs
1½ C sugar
1 t salt
1 C milk
4 t baking powder
1 T melted butter
5 C flour (more or less)

Mash potatoes in bowl. Add sugar, butter, eggs, milk and salt. Mix. Add baking powder and flour. Roll out about ½" thick and cut. Push hole in center. Fry in deep fat at 325°. Turn over when brown on one side.

Bernice Witman



Pizelle

An Italian sweet

6 eggs
1½ C sugar
2 sticks margarine, melted
1 T vanilla
½ C orange or lemon juice
4 C white flour
1 t baking powder

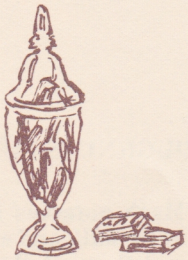
Beat eggs until thick, add sugar, beat well. Add melted shortening, vanilla, juice and flour gradually. Blend well and then drop by serving spoonsful onto a hot pizelle iron. Bake about 30 to 40 seconds or until lightly browned. For variety you can add 2 T anise seed to part of the batter.

Potato Candy

½ C mashed potatoes
4 C Conf. sugar
⅛ t salt
1 t vanilla
1 C peanut butter

Combine all ingredients. Roll on dusted board (dust with conf. sugar). Roll in rectangle. Spread with peanut butter (smooth or chunky — your choice. Roll as a jelly roll. Refrigerate for 1 hour. Cut in thin slices. (Pinwheel pattern).

Carol Riedel



Angel Candy

(sometimes called Sponge Candy)

1 C sugar
½ C brown corn syrup
1 T vinegar
1 t soda
Dipping chocolate, if desired

Combine sugar, syrup, and vinegar and boil to 300°. Add soda (no lumps, please!) Pour immediately onto cookie sheet. Do not disturb mass. Cool. May be coated with dipping chocolate.

This used to be one of our favorite kinds of candy (found in our Christmas stocking). We called it "fairy food."

Vi Berger

Cranberry Dessert

½ lb cranberries, ground fine
1 orange
1 C sugar
1 C crushed pineapple
1 pkg lemon jello, dissolved in 1 C boiling water

Combine all ingredients and chill at least over night.

Sue Price
Y-Teen

Cakes

Schaum Torte

Meringues
(German)

6 egg whites (¾ C)
2 C sugar
1½ t lemon juice or vinegar

Beat egg whites until stiff. *Very* gradually beat in 1 C of the sugar (Be patient. This is the key to successful results.) Beat in a little at a time, adding alternately with the remaining sugar, the lemon juice or vinegar. Beat until very stiff and glossy. Line baking sheets with heavy brown paper (grocery bags or butcher paper would do.) Drop meringue mixture onto paper by spoonfuls, forming pretty peaks. (Or mixture can be spread into large heart shape, or into small individual "nests" or whatever.) Bake in *very* slow oven, 275°, until slightly browned and crusty. Cool. Remove carefully from paper with sharp knife. Serve filled with ice cream topped with strawberries, hot chocolate or butterscotch sauce.

Vi Berger

GOURMET FRUITCAKE

2 C gold raisins
½ C currants
½ C dark rum
2 C chopped glace pineapple
1 C glace cherries
¼ C glace orange peel
¼ C glace lemon peel
¼ C glace citron
½ C pecan or walnut halves
½ C chopped blanched almonds
½ C flour
1½ C flour
1 t mace
1 t cinnamon
½ t baking soda
¾ C butter
1 C light brown sugar, firmly packed
1 C granulated sugar
5 large eggs

Marinate raisins, currants and rum overnight in very large bowl. Combine glace fruits and nuts in bowl and toss well until flour coats every piece. Sift flour, mace, cinnamon and baking soda into bowl. Cream together butter, light brown and granulated sugars and 5 eggs, beating in 1 egg at a time. Add flour mix, ½ C at at time, to the creamed mix. Combine with fruit. Have ready 2 9"x5"x3" pans which have been buttered, lined with parchment or brown paper and buttered again. Bake at 275° about 2 hours, or until toothpick inserted in center comes out dry. To prevent too much drying during baking, place pans on a cookie sheet with ¼ inch of water. Replenish as it evaporates. 15 minutes before baking is finished brush tops with slightly beaten egg white and decorate with cherry halves and slivered almonds in flower form. Ovenize to set. Cool cakes in pans for 15 minutes. Peel off paper and allow to thoroughly cool before storing. May be wrapped in brandy-soaked cloth and placed in tightly closed tin to mellow for several weeks before serving. Or you may pierce surfaces with fork and sprinkle with brandy or rum and wrap tightly in aluminum foil to age.

Jean Hoyt

Cranberry Coffee Cake

1 C white sugar
½ C brown sugar
½ C margarine
2 eggs
½ pt sour cream (1 C)
1 t Almond extract
2 C flour–all purpose
1½ t baking powder
½ t baking soda
pinch of salt
8 oz can whole cranberry sauce

Cream sugars and margarine. Add eggs, sour cream and almond extract. Add remaining ingredients, *except* cranberry sauce. Beat until smooth. Grease and flour angel cake pan, (tube pan). Pour half of the batter into pan. Place half of cranberry sauce onto the batter. Pour onto this the remainder of the batter. Top with remaining cranberry sauce. Bake at 350° for 1 hour. Cool until warm — frost with following:

Frosting:
¾ C confectioners sugar
½ t almond extract
2 T hot water – or a little less

Drizzle mixture over top of coffee cake.
Serves 10-12 persons.

This originates in an area of New England where the cranberry crops are plentiful. My sister Shirley shared this with me a few years ago.

Evelyn Kitzmiller

Sponge Cake

2 C sifted cake flour
5 eggs, separated
2 C sugar
¼ t salt
½ C boiling water
1 t vanilla extract
¼ t almond extract
f.d. lemon extract

Sift and measure flour. Set aside. Separate eggs. Beat egg whites until fluffy but not dry. Gradually beat in ½ C of the sugar. Beat to form meringue. In large bowl beat yolks until light. Add remaining 1½ C sugar and salt gradually. Beat until light and fluffy, (5-8 min.). Mixture will resemble custard. Continue beating and add boiling water, beat until thick and lemony — at least 5 minutes. Stir in flavorings. Reduce speed to lowest point. Quickly and gently fold in flour until just mixed. *By hand* gently fold meringue into yolk mixture until *just* blended. Pour batter into ungreased tube pan. Bake at 350°. Invert cake to cool. Allow to hang at least 1 hour before removing from pan.

This sponge cake recipe was handed down for 3 generations and originated in Lancaster, Pa. It has been refined to be used with the electric mixer and the flavorings have been improved. The volume and texture are amazing for only 5 eggs.

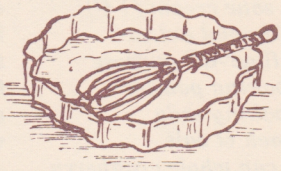
Sally Worth

Bake 45 mins. Turn off heat – check in 5 mins.

Queen Elizabeth Torte Cake

1 C boiling water
1 C pitted chopped dates
1 t baking soda
1 C sugar
¼ C butter
1 egg
1½ C flour
1 t vanilla
½ t baking powder
½ cup nuts

Pour water over dates and baking soda. Let stand until other ingredients are mixed. Mix together and bake in eight inch square cake pan (greased and floured). Bake at 350° about 35 minutes.



Icing
5 T brown sugar
2 T butter
4 T heavy cream

Boil 3 minutes and pour over cake. Sprinkle with ⅓ cup coconut and 3 T nuts.

I received this recipe 15 years ago through an exchange with other countries by the YWCA.

Mrs. Vivian Cromrath

Plum Cake
(German)

4 lbs Italian plums, halved (but not separated), and pitted
½ lb butter
2 C sugar
5 eggs
2 C sifted flour
⅛ t salt
2 t baking powder

Cream butter and sugar. Beat in eggs, one at a time. Sift flour, salt, and baking powder into this mixture and beat well. Spread dough into a large (12"x18") pan. Cover dough with the opened plums, making sure to place interior up. Sprinkle plums with sugar. Bake in a pre-heated 350° oven for 50 minutes.

Hertha Rau

Zimitstern (Cinnamon Star)
(From Black Forest of Germany)

1 lb conf. sugar
1 lb ground almonds
6 egg whites
2 t cinnamon
2 lemon rinds

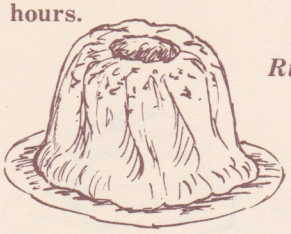
Beat egg whites until stiff. *Very* slowly add conf. sugar. This batter should remain stiff. Fold in ground almonds — then cinnamon. Then grate in lemon rind. Refrigerate. Next day or two — roll about ¼ inch thick. Cut into small star shapes. Place on greased cookie sheet. Place in oven at 275 degrees — do slowly. Ice with vanilla frosting.

Mrs. Fred G. Bollman

KENTUCKY WHISKY CAKE

5 C flour sifted before measuring
¾ lb butter
2 t nutmeg
1 t baking powder
1 lb white sugar
1 C brown sugar
6 eggs beaten separately
1 pt whisky
½ lb dates chopped
1 lb pecans in medium pieces
~~*½ lb dates chopped*~~
1 lb candied cherries cut in pieces

Soak cherries and dates in whisky overnight. Cream sugar and butter till fluffy. Add egg yolks and beat well. Add soaked fruit. Add flour, nutmeg and baking powder. Fold in beaten egg whites. Add nuts last. Bake in greased tube pan, lined with heavy greased paper, in slow oven — 275°-300° — for 3 to 4 hours.



Ruth C. Howerter

ALMOND CAKE

½ C butter
1½ C sugar
5 egg whites
5 egg yolks, beaten
2 C bread flour
1½ t baking soda
pinch salt
½ can almond paste
1 t vanilla
1 C sour cream

Cream together butter and sugar, and add egg yolks. Sift together flour, soda, and salt, and add to egg-sugar mixture. Add by hand almond paste, vanilla, and sour cream. Fold in by hand the beaten egg whites. Bake in ungreased tube pan for 50 minutes to an hour, at 350°. Cool in pan, *not upside down.*

This is a great textured cake – needs no icing. ***Wendy Helm***

ABE LINCOLN'S FAVORITE CAKE

1 C butter
2 C sugar
1 C milk
3 C flour
2 t baking powder
1 t vanilla
1 C chopped hickory nuts
¼ t salt
6 egg whites

Cream butter and sugar lightly. Sift flour and baking powder together and add with milk to first mixture. Add nuts and vanilla. Fold in beaten whites of egg. Add salt. Bake in 3 eight or nine inch pans, in moderate oven (350°).

Mary Todd made this cake for Lincoln before their marriage, and he declared it "the best in Kentucky". This is the original recipe. May be iced with boiled icing, to which ½ cup candied pineapple and cherries, chopped fine, may be added.

Faye Strickler

Chocolate Chip Cake

1 box yellow cake mix
1 box instant vanilla pudding
6 oz semi-sweet chocolate chips
3 bars, sweet German chocolate, grated
½ C water
⅔ C oil
4 eggs

Mix ingredients using only half of grated chocolate. Grease square cake pan with oil and flour. Bake for 1 hour at 350°. Sprinkle top with confectioner's sugar and remaining chocolate.

Gayle Skrincosky
Y-Teen

Chocolate Surprise Cake

10 oz butter or margarine
2½ C sugar
6 whole eggs
2 t vanilla
4½ C sifted flour
¾ T baking soda
¾ T baking powder
1 t salt
2 C water
1 C sauer kraut
1 C cocoa

Cream butter, add sugar gradually until fluffy. Add vanilla. Add whole eggs, one at a time. Sift dry ingredients together and add alternately with the water, starting and ending with the dry ingredients. Wash sauer kraut, chop finely and drain. Add to mixture. Grease and flour two nine inch pans. Bake at 375° for 45 minutes.

Christine Reichert

Chocolate Filled Angel Cake

1 angel cake
1¼ pts cream (to whip)
toasted almonds
7 T sugar
7 T cocoa

Place whipping cream, sugar and cocoa together in refrigerator for at least 2 hours before whipping. Whip like cream and spread between cake cut to form two layers and on top. Top with toasted almonds.

Mrs. Fred H. Ludwig

Strawberry Cake

1 box white cake mix
3 T flour
4 eggs
½ C chopped strawberries
¾ C oil
½ C water
1 pkg strawberry jello

Frosting
¼ C melted butter
¼ C chopped strawberries
Pinch of salt
Mix with powdered sugar to spread.

Combine all ingredients and pour into 14 x 10 x 2" pan. Bake at 350° for 45 to 50 minutes.

Mrs. Helena C. Ream

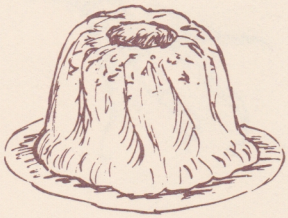
Good Cake

3 eggs, well beaten
½ lb butter
2 C sugar
3 C flour
1 C milk
3 t baking powder

My grandmother's recipe.

Mix ingredients. Bake at 350° for 1 hour using funnel cake pan.

Kathy Hahn
Y-Teen



Funny Cake

Sauce:
1 sq. unsweetened chocolate
½ C water
⅔ C granulated sugar
¼ C butter
1 t vanilla

Cake:
¼ C shortening
1¼ C cake flour
1 t baking powder
½ t salt
¾ C sugar
½ C milk
1 t vanilla
1 egg
3 T chopped nuts

Sauce: Put chocolate and water in saucepan over low heat. Cook and stir until chocolate is melted. Add sugar, stirring constantly and bring to boil. Remove from heat. Add butter and vanilla and stir. (Put aside and let cool until cake batter is ready.)

Make PIE CRUST—9" or 10"

Cake: Mix dry ingredients with shortening. Add and mix milk and vanilla until batter is dampened. Beat at low speed for 2 minutes. Add egg and beat for 1 minute. Put batter in pan. Slowly pour sauce over batter. Sprinkle nuts on top. Bake at 350° for 50-55 minutes.

Evelyn M. Bush

Carrot Cake

2 C sugar
2 C flour
3 C grated carrots
4 eggs
2 t baking powder
2 t baking soda
1 t cinnamon
½ C nuts

Icing
1 box confectioners' sugar
1 t vanilla
½ C butter
8 oz cream cheese

Mix sugar, eggs, carrots; add flour and other ingredients. Bake in three 8" pans. Frost with icing.

Victoria Simons

WATERGATE CAKE

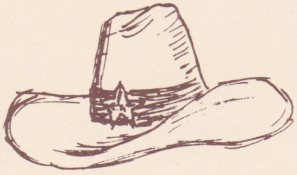
1 box Yellow Duncan Hines Deluxe II Cake Mix
1 pkg Pistachio Pudding Mix (Add dry)
1 C Wesson oil
½ C walnuts – chopped fine
3 whole eggs
1 C Canada Dry club soda

Frosting:
1 lg pack Dream Whip (2 envelopes)
1¼ C Cold milk
1 pkg Pistachio pudding

Mix cake mix and pudding, push to side of bowl. Add eggs, oil, nuts and Club Soda. Blend and beat 4 minutes at medium speed. Grease and flour a bundt pan or oblong pan (13" x 9" x 2"). Bake at 350° 45-50 minutes. Turn out on cake plate, cool completely. Frosting: Blend dream whip with cold milk. Beat high speed till it peaks — gradually add pudding. Continue to beat until light and fluffy. Frosting may have sprinkled cocoanut, chopped nuts and maraschino cherries if desired.

Cake is very delicate and moist. KEEP REFRIGERATED.

Beverlyann Hubbard

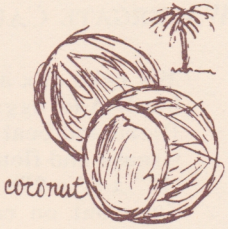


Moroccan Coconut Cakes

2 C grated coconut (moist, canned or fresh)
¾ C evaporated milk
2 C sugar
1 oz butter
2 T lemon rind

Combine coconut, milk, and sugar in 2 qt. saucepan. Simmer gently to 238° or until soft ball is formed in cold water. Add butter and lemon rind. Cool to room temperature in pan. Beat as you would fudge until thick and glossy. Pour into a square 8x8" pan lined with waxed paper. Chill and cut into 1" squares.

Yield: 1½ lbs. coconut fudge



Apple Nut Cake

2 eggs
2 C sugar
1¼ C Mazola oil
1 t vanilla
3 C flour
1 t salt
½ t nutmeg
1 t cinnamon
½ t cloves
½ t baking soda
1 C chopped nuts
3 C diced apples (peeled)

Beat together eggs, sugar, oil and vanilla. Mix in another bowl other ingredients. Mix wet ingredients in by hand as it will be quite stiff. Bake at 350° for 1 hour in 9" x 12" pan. Use any topping.

Nancy L. Yerger

Leb Cakes

1 lb butter
½ lb lard
3 lb granulated sugar
4 lb flour
1 qt buttermilk
3 T baking soda

Place a little buttermilk in a cup. Put remaining buttermilk in large bowl along with the sugar. Cream butter and lard by hand. Add half the buttermilk mixture and add flour a little at a time, mixing constantly. Then add rest of milk mixture along with more flour until it becomes thick. Add baking soda to milk saved in the cup and stir. Pour on top of the batter and mix, adding more flour. Leave set overnight in refrigerator. Roll out using plenty of flour to avoid sticking. Bake at 375°, one pan at a time, for 15 minutes, lowest oven rack. Flour can also be used on cookie sheet to avoid sticking.

Doris Haas

Hazel Nut Cake

1 lb hazel nuts cut fine about 2 C
1 C powdered sugar
10 eggs
2 T flour
1 t baking powder

Separate eggs. Beat yolks with sugar, nuts, flour and baking powder. Beat whites and fold into batter. Bake in ungreased pan about 20 minutes at 350°. Ice with whipped cream.

Helena Mademann

Oatmeal Cake

¼ lb. butter or margarine
1½ C boiling water
1 C quick oatmeal
1 C granulated sugar
1 C brown sugar
2 eggs
1 t vanilla
½ C nuts
1⅓ C flour
½ t salt
1 t baking soda
1 t cinnamon

Topping:
1 C coconut
¼ C nuts chopped fine
6 T butter
6 T milk
¾ C brown sugar

Mix first three ingredients and let stand for 20 minutes. Add remaining ingredients and bake in oblong pan for 30 minutes at 350°. Cook topping ingredients until mixture starts to thicken. Spread on cooled cake. Place cake under broiler for several minutes, until brown.

Marguerite Arthur

Funnel Cake
(Pennsylvania Dutch)

1⅓ C pre-sifted flour
2 t sugar
⅛ t salt
⅔ C milk
1 egg
1 qt vegetable oil
1 t baking powder
Powdered sugar

Measure all dry ingredients into container. Beat egg and milk in bowl. Combine. Heat oil to 375°. Pour dough from funnel into hot oil and bake till brown. Sprinkle with powdered sugar.

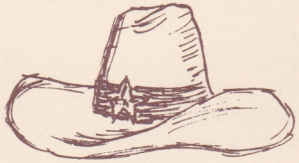
Pam Natale, Y-Teen

Cookies

Cowboy Cookies

2 C sifted flour
1 t baking soda
1 t salt
½ t baking powder
2 C rolled oats
1 C shortening
1 C sugar, white
1 C brown sugar
2 eggs
1 t vanilla
1 C chocolate chips

Sift dry ingredients together and set aside. Blend shortening and sugars. Add eggs and beat until light and fluffy. Add dry ingredients and mix well. Add rolled oats and chocolate chips. Drop by spoonfuls on cookie sheet. Dough is crumbly. Bake for 15 minutes in 350° oven.



The recipe for "Cowboy Cookies" came from the mother of several boys in the early 50's when we were all living in a tiny little town along the Mississippi River, Hampton, Illinois. It has become a family favorite with us: I've used it until the paper it was written on crumbled. Although it's a big recipe, these cookies never seem to last long!

Vi Berger

Banana Oatmeal Cookies

(African)

1½ C sifted flour
½ t soda
1 t salt
¼ t nutmeg
¾ t cinnamon
1 C sugar
¾ C shortening
1 egg
1 C mashed ripe banana
1¾ C rolled oats
½ C chp nuts

Sift together first 5 ingredients. Cream shortening and sugar until light. Add egg and beat well. Add bananas, rolled oats and nuts and mix well. Add flour mixture and blend. Drop by teaspoon onto lightly greased baking sheet about 1½" apart. Bake 400° about 15 min. Remove from baking sheets at once.

Yield: About 40.

Danish Oat Cookies

2 C uncooked oatmeal
1 C flour
1 C soft butter
½ C sugar

Knead mixture until it holds together. Shape into 1 inch balls and flatten with fork. On oiled cookie sheet, bake at 375° for 8 to 10 minutes.

Yield: 3 or 4 dozen

Simple to make and delicious.

Joan S. Reppert

Swiss Filled Cookies

Dough: Roll thin
4 cups flour
½ lb butter
¾ cup cold water
pinch of salt
Topping:
2 egg yolks
2 t sugar
Filling:
2 lb prunes
1 lb apricots
1½ cups sugar
1 t cinnamon
1 t ground cloves
2 eggs
2 T whiskey (optional)
2 T butter

Sift flour and salt together. Cut in shortening until size of peas, then add cold water. Knead dough and let stand two hours. Grind prunes and apricots together. Melt butter in pan, add the prune-apricot mixture and rest of ingredients except the whiskey. Cook mixture until thick, then add the whiskey. Roll out ½ of dough and put the filling on it, then roll the other half of dough and put on top. Cut into squares. Mix the egg yolks and sugar and brush on top of dough. Place squares on greased cookie sheets and bake at 300° for 30 minutes or until done.

Fay Strickler

PFEFFERNUSSE

½ lb butter
1½ C sugar
1 egg, beaten
2 T dark Karo syrup
3¾ C flour
2 t soda
1 t cinnamon
½ t cloves
½ t ginger
½ t anise oil
Chopped walnuts, if desired

Cream together butter, and sugar; add egg and karo. Sift together flour, soda, cinnamon, cloves, and ginger, and add to first mixture. Add anise oil and mix in mixer. (Anise oil is strong, so watch it!) Finish kneading by hand or with wooden spoon, adding nuts. Chill for a few hours, or overnight. Roll out dough in form of sausage and cut into ½" pieces, or form with hands into balls the size of walnuts. Bake about 10 minutes at 350-375°. *Don't over bake.*

These little German Christmas cookies improve in flavor when stored in air-tight tins or crocks – if you can keep them that long!

Vi Berger

BUTTER TARTS

Pastry, short or flaky
1 C raisins
1 C brown sugar
2 T butter
1 egg
½ t vanilla
½ t nutmeg

Place raisins in bowl, scald with boiling water. Drain, and while raisins are still warm, add brown sugar, butter, and beaten egg. Stir well together for a few minutes, and add vanilla. If ingredients are mixed together while raisins are still warm, there will be a nice butterscotch-like syrup. Line cut cake tins with pastry, and put in a spoonful of the filling. Bake in a 400° oven for about 10 minutes, or until golden brown. (Tart shells may be pre-cooked but not to brown stage).

(This recipe has been given to many friends, always a male pleaser!)

Irene Candy, Richmond, British Columbia, Canada (Wendy Helm's mother)

BUTTER BALLS
(Russian Tea Cakes)

¾ C butter
3 T powdered sugar
2 C all purpose flour
1 C chopped nuts
1 t vanilla

Cream butter and sugar thoroughly, and add vanilla. Add sifted flour and mix well. Fold in chopped nuts. Shape into balls in palm of hand. Bake on cookie sheet for 18-20 minutes in 350° oven. While hot, roll in powdered sugar (twice).

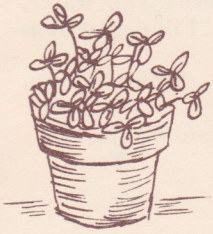
Blanche S. Wentzel (Sister's recipe, Helen Socker)

KIEFFELS
(Czechoslovakia)

3 C sifted flour
1 C shortening
½ pt sour cream
2 envelopes of dry yeast, mixed with a bit of sour cream
3 egg yolks
Granulated sugar

Mix together all ingredients, except sugar. Refrigerate over night. Take out a small portion at a time, and roll very thin on board covered with granulated sugar. Cut into 2" squares. Place filling on it and roll; pinch ends shut. For filling, use your choice of jam or: Beat the white of an egg with a pinch of cream of tartar, ½ t sugar, and 1 C chopped nuts. Bake at 350° until they are lightly browned.

Mrs. James Fatzinger



AFRICAN APRICOT COOKIES

⅔ C dried apricots
½ C butter
or margarine
¼ C sugar
1 C sifted flour
2 well beaten eggs
1 C brown sugar
½ t vanilla
⅓ C flour sifted with ½ t baking powder and ¼ t salt
½ C nuts and cooked apricots

Cut up dried apricots. Barely cover with water and cook over low heat 10 minutes. Cool. Mix together butter, sugar and sifted flour and press into 8" x 8" or 8" x 10" pan. Bake 20 minutes at 350°. Then spread with the egg, sugar, vanilla, sifted flour, nuts and apricot mixture. Return pan to oven and bake 30 minutes. Cut into small bars while warm. Roll in sifted confectioner's sugar.

KOURABIEDES
Greek Butter Cookies

1 lb sweet butter
1 C powdered sugar
5 to 6 C flour
Ground almonds (optional)

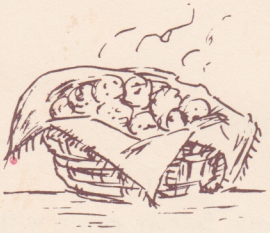
Cream softened butter thoroughly. Add sugar, and then flour, and almonds if desired. Mold into crescent shapes; bake on ungreased cookie sheet at 325°, for 15 minutes. Sprinkle with powdered sugar.

Esther Thomas

THUMB PRINTS

1½ C flour
½ t salt
½ C margarine
½ C brown sugar
1 t vanilla
2 T milk
¼ C chocolate chips

Filling
½ C chocolate chips
2 t shortening
2 t light corn syrup
2 t water
1 t vanilla



In a mixing bowl, cream together margarine, brown sugar, and vanilla. Sift together flour and salt. Add dry ingredients, milk, and chocolate chips to the mixture in the bowl. Shape dough into 1" balls and place on ungreased cookie sheet. With thumb, make a depression in the center of each ball. Bake at 375° for 10-12 minutes. While warm from the oven, roll in confectioner's sugar. Make filling: combine and melt in double boiler the chocolate chips and shortening. Remove from hot water, and stir in corn syrup, water, and vanilla. Stir till smooth. Fill depression in cookies.

Yield: 3 dozen

Sujata Hanjura
Y-Teen

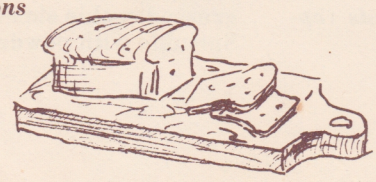
PIES

SWEDISH LEMON PIE

2 pieces of white bread, crust and all
1 C sugar
Butter the size of an egg
1 C boiling water
2 egg yolks
Rind of one lemon grated
Juice of 1 or 2 lemons according to size
2 egg whites
2 T sugar

Combine bread, sugar, butter, and boiling water and allow to stand while preparing egg and lemon mixture. Mix egg yolks with lemon juice and rind. Mix egg-lemon mixture with bread mixture. Pour into unbaked pie crust. Bake 30 minutes at 375°. Beat egg whites with sugar for meringue. Top pie with meringue and return to oven to brown. Cool, eat, and enjoy!

Martha Davis



Swedish Apple Pie

2 C apple slices, cooked
2 T flour
¾ C sugar
Pinch of salt
1 egg
1 t vanilla
1 C sour cream
9" pie shell, unbaked

Topping:
⅓ C sugar
⅓ C flour
1 t cinnamon
¼ lb soft butter or margarine

Mash apples slightly; add flour, sugar and salt. Beat eggs and vanilla, add to apple mixture. Beat sour cream until stiff and fold into apple mixture. Pour into pie shell and bake at 350° for 40 minutes. Remove and prepare topping: Rub together sugar, flour, cinnamon, and butter, like pastry dough with fork or fingers. Sprinkle pie with topping and return to oven for 15 minutes.

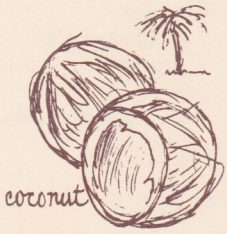
Mrs. F. Lee Terry
Life Member YWCA

Peach Cream Pie

2 C sliced peaches
1 9" pie shell
2 eggs
10 T cream or condensed milk (½ C + 2 T)
1 C sugar (⅔ cup)
1 T flour
Butter

Arrange peaches in pie shell. Mix together eggs, milk, sugar, flour. Pour mixture over peaches. Dot with butter. Bake 10 minutes at 425°. Reduce heat to 350° and bake 30 minutes more.

Nancy Dettra



Impossible Pie

¾ C Bisquick
¾ C sugar
4 eggs
2 C milk
Dash salt
¼ C margarine
1 C Angel Flake Coconut (3½ oz can)

Mix together in a large bowl all ingredients except coconut. Add coconut. Pour into greased 10" pie plate. Bake at 350° for 55 minutes or until tested for doneness.

Johanna Mertz

Apple Tart

Geruhrte Apfeltorte – Apfelkuchen

1 C and 3 T sugar
6 eggs
Grated peel of ½ lemon
1 C butter
2 lbs tart baking apples, sliced, sprinkled with sugar
Slivered almonds

Beat eggs with sugar and lemon peel until all white. Melt butter until soft but not hot. Pour very slowly into egg mixture, stirring constantly. Pour the cake into a buttered pan and arrange the apples in a circle in the middle. Sprinkle the almonds over the top. Bake 1 hour in moderate oven. The cake will rise around the apples.

It can also be made with tart apricots or cherries. Not too sweet stuff.

Julie Berger

Peach Pie

1 8" pie crust
peaches to fill
1 C sugar
1 T flour–heaping
1 T butter
2 eggs
few drops of vanilla

Fill crust-lined pie tin with peaches. Blend all other ingredients. Pour mixture over peaches. Bake 35 minutes in 400° oven.

Eva Arnold

Macaroon Pie

12 saltines crumbled
15 dates chopped
½ C pecans chopped
¼ t baking powder
3 egg whites
1 t almond extract
1 C sugar

Combine saltines, dates, pecans, sugar, and baking powder. Beat egg whites till stiff but not dry. Add almond extract. Fold saltine date-nut mixture into egg whites. Pour into buttered 9" pie pan and bake 30 minutes at 350°.

Cora Bard Miller

Lemon Sponge Pie

2 lemons (juice and rind)
2 C granulated sugar
2 T melted butter
4 T flour
4 egg yolks
2 C milk
4 egg whites

Make 2 eight inch pie crusts. Mix first three ingredients and add others. Fold in egg whites, beaten, last. Bake at 375° for 45 minutes.

Elizabeth Macsisak

George Washington Cream Pie

½ *C shortening*
1½ *C sugar*
3 *eggs (or two whole eggs and two yolks)*
2 *C flour*
2 *t baking powder*
¾ *C milk*
1 *t vanilla*

Filling
1 *C milk*
3 *T flour*
½ *C sugar*
Rind and juice of 1 lemon
2 *egg whites*

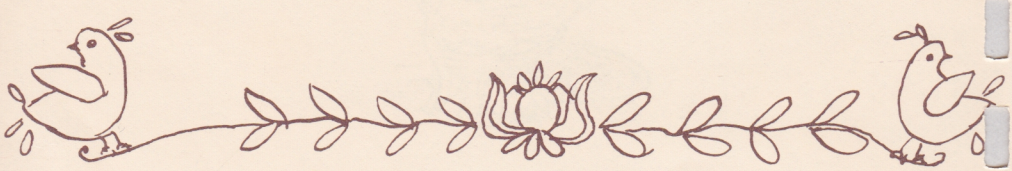
Layer Cake: Cream shortening with sugar. Add beaten eggs and mix thoroughly. Sift together flour with baking powder. Mix flour with shortening-sugar-eggs alternately with milk and vanilla. Bake in two greased 9" cake pans at 375° for about 20 minutes.

Filling: Combine milk with sugar and flour. Cook over low heat, stirring constantly, until thickened. Set aside to cool. Beat egg whites till stiff enough to peak. Fold in cooled lemon mixture.

Just before serving, split cake layers. Spoon filling equally on each lower half. Replace top half and dust top with confectioner's sugar. Filling may be stored for a day or two in refrigerator.

Serves 8 to 12

Mary Brill
from her grandmother Marion Sheldon



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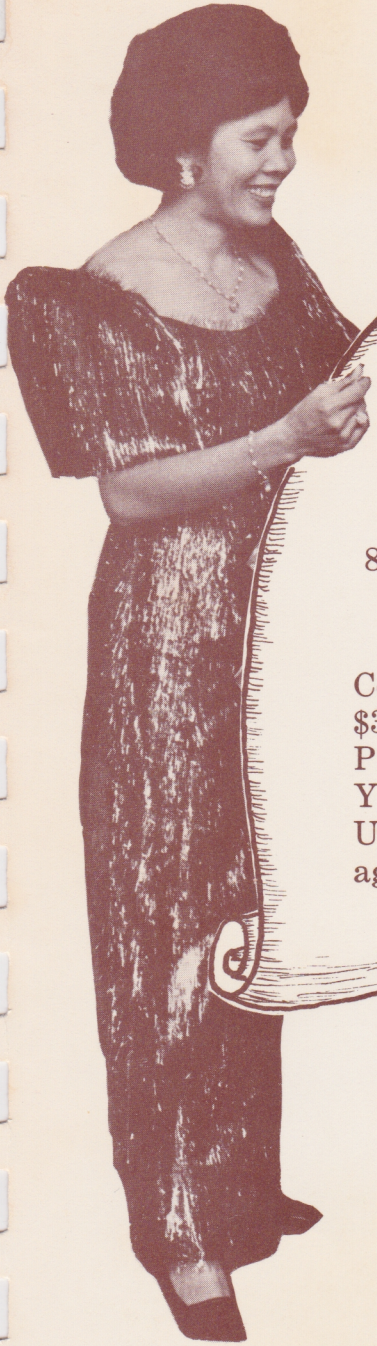

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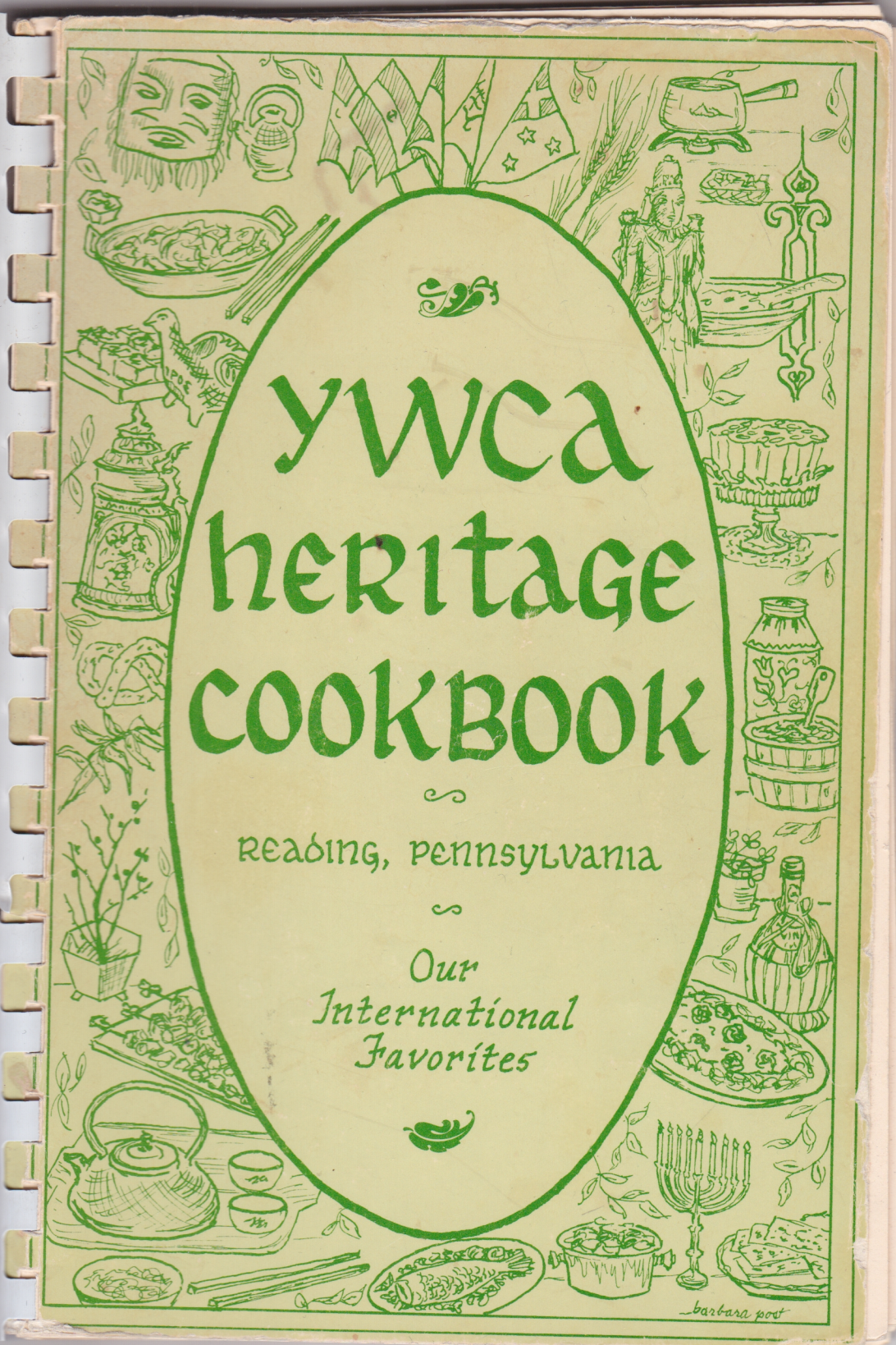
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